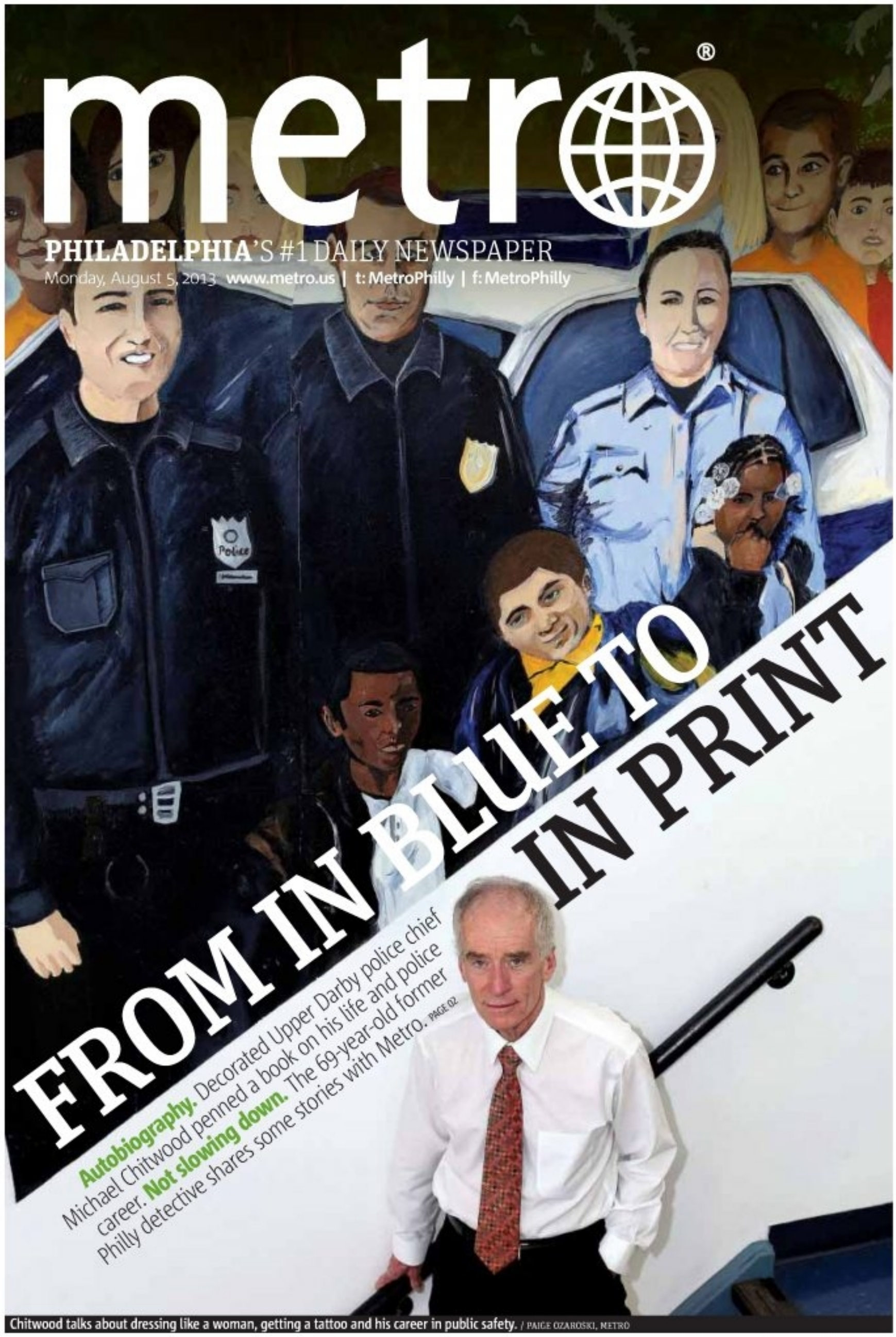
metro®
PHILADELPHIA'S #1 DAILY NEWSPAPER
Monday, August 5, 2013 www.metro.us | t: MetroPhilly | f: MetroPhilly

FROM IN BLUE TO IN PRINT

Autobiography. Decorated Upper Darby police chief Michael Chitwood penned a book on his life and police career. **Not slowing down.** The 69-year-old former Philly detective shares some stories with Metro. PAGE 02



Chitwood talks about dressing like a woman, getting a tattoo and his career in public safety. / PAIGE OZAROSKI, METRO

HELPING INJURED PEOPLE
THE PEOPLE'S LAWYER
Car/Bus/Train Accidents, Slip and Falls, Birth Injuries, Medical Mistakes
Member of the Philadelphia Trial Lawyers
Call for a free consultation and speak to an attorney
LOCATED AT 2 Liberty Place
215-665-8990

Music. Black Violin proves instruments can be cool again

PAGE 14

Jobs. Why taking a break can be good for your career

PAGES 20-21

Wellbeing. We just flew in — and boy, are our arms tired!

PAGE 17

Dawn Stendsland-Mendte
WMCN44 Home of Philly's Favorites
Watch "Dawn" with Dawn Stensland Mendte every weekday at 10:30 am!
Visit WMCN.TV for local channel listings.

1 NEWS

Top 3

Trending online at Metro.us

1 VIDEO: 'Hungry bear steals garbage dumpster from restaurant'

2 VIDEO: 'Panhandler pranks entire subway car'

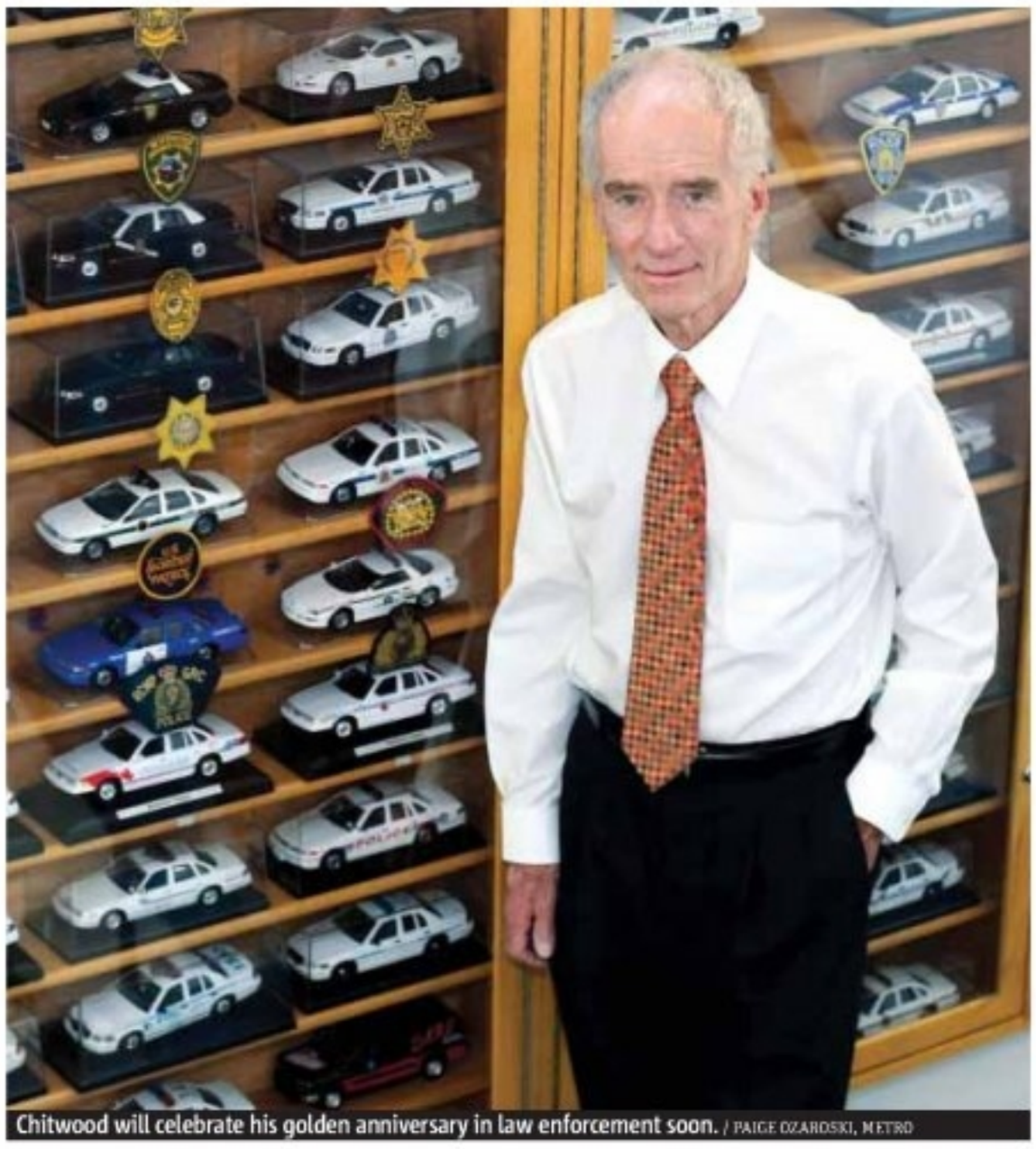
3 'For sale: PGW, largest municipally owned gas utility in the US'

Clarification

In the article "City pools slow down, will close next weekend," on page 6 of the Aug. 1-4 weekend edition, the headline implied all city pools will close by Aug. 10. City pools will begin shutting down for the summer that weekend but will close on a rolling basis throughout the rest of the month.

Charismatic chief to release autobiography

In his words. Upper Darby police chief Michael Chitwood will publish a collection of his best stories this fall.



Chitwood will celebrate his golden anniversary in law enforcement soon. / PAIGE OZAROSKI, METRO

Michael Chitwood never carried a gun. As a homicide detective in Philadelphia, he once jacked up a perp with a pool cue. "Because I was always a lousy shot," he explained.

During reconnaissance missions as a member of the city's narcotics unit, he's disguised himself as a bum, a janitor and even a woman.

"You got four white guys walking together through North Philly," he said. "There' s only one reason why they're there. So we had to dress down."

At 69, the 49-year veteran and current head of the Upper Darby Police Department still busts down doors on drug raids and still joins bike patrols cruising through the streets of the Philadelphia suburb.

"I still have the same passion as I did when I was 21," he said.

And he's still collecting adventures — handfuls of which will be included in his autobiography, which is due out in September. The book, co-written with Hal Gullan, will be published through Philadelphia-based Camino Books. The book's title and cover are not yet available.

For the first time, the charismatic police chief will have his stories consolidated into one volume.

"Here it is," he said. "This is my life."

His career started in his hometown of Philadelphia. During his 19 years in the Philadelphia Police Department, Chitwood earned more than 70 commendations.

He climbed the career ladder to Middletown in Bucks County, where he served as police chief for five years. He took the same job in Maine, and after 17 years he returned home. He started in Upper Darby in August 2005.

Most will recognize his name from the news. Chitwood is, if anything, an outspoken public figure. He once held a press conference to demonstrate the effects of a stun gun. And he tested it on himself. He shrugs.

"Look," he said, "People deserve to know what's happening in their community."

TOMMY ROWAN
tommy.rowan@metro.us

Résumé

- 1988: Inducted into Philadelphia Police Hall of Fame
- Completed program for senior execs at Harvard
- Degrees from Antioch University

War stories

'Put 'em up!'

Michael Chitwood knocked back a few with his buddies and then they all went for tattoos.

He got a picture of a fighter on his right bicep. He was about 18 years old and a few hours past curfew when he snuck inside his Army-vet father's South Philly fortress. "You're so tough," his father said in the living room, "Then put 'em up!"

By the numbers

49

Michael Chitwood has served 49 years in law enforcement. He spent 19 years in the Philadelphia Police Department and split his time among narcotics, homicide and hostage negotiation. He has more than 70 commendations for valor, bravery, heroism and merit.

Chase. Pamplona's bull run is coming to Pennsylvania

Organizers are bringing the Great Bull Run to America, and Pennsylvania is one of 10 states race officials have chosen to host the event, according to a report from USA Today.

The event website states Pennsylvania's run will be held June 7, 2014, at the Maple Grove Raceway in Berks County.

Though bulls at Pamplona's San Fermin festival have killed 15 people since record-keeping began in 1924, Great Bull Run organizers said they've put into place safety features specific to the United States. **ALEX WIGGLESWORTH**

Joyride

Police: Man took test drive too far

Delaware police on Saturday arrested Tony Harris, 22, of Virginia, after he allegedly stole a motorcycle at gunpoint during a test drive in Philadelphia, then crashed the vehicle on I-95 in Wilmington. Harris fled on foot but was soon found. **METRO**

Gay marriage

Equality Forum will rally for Montco's Hanes

The Equality Forum is hosting a rally today for D. Bruce Hanes, the Register of Wills for Montgomery County.

Hanes recently made the decision to issue marriage licenses to same-sex couples despite state law that bans the practice.

Hanes / FACEBOOK

The rally will be held at 3 p.m. at the Norristown courthouse. **METRO**

www.metro.us

INJURED?

Car/Bus/Train Accidents

Slip and Falls

Medical Mistakes

Work Accidents

As Seen on TV

Hill

& ASSOCIATES, P.C.

215-567-7600

SHARE
Counseling Services
a program of Seabrook House

Our program provides addiction treatment, monitoring & educational services to adults. You will remain in your own home and will be able to continue to work and go to school while in our treatment program.

We offer:
Traditional Outpatient (OP)
Intensive Outpatient (IOP)
Partial Hospitalization (PHP)
and
Individual Counseling

SHARE now offers treatment services for clients currently enrolled in a Medication-Assisted Treatment (MAT) program, such as buprenorphine maintenance.

Cherry Hill & Northfield locations offer a cafe lounge with wifi for you to congregate and for self help meetings, AA, NA & Al-Anon

Now open in Cherry Hill, Northfield & Bridgeton NJ

www.ShareCounseling.org
800-761-7575

Seabrook House accepts many health insurance programs including: Aetna, AmeriHealth, AtlantiCare, APS, Health Net, Horizon Blue Cross, MHN, & Value Options.

TEXT GETHELP to US411 (87411) FOR INFORMATION

Lawsuit: DA 'has no idea how to use a computer'

Courts. A federal copyright suit claims DA Seth Williams used an unauthorized photo on his Twitter page.

Photographer R. Bradley Maule on Wednesday filed a federal copyright infringement lawsuit against Philadelphia District Attorney Seth Williams for allegedly using one of the artist's photographs on his Twitter page without permission. The suit claims "at best, the District Attorney of Philadelphia has no idea how to use a computer, a smartphone, a Twitter account and/or a Twitter Web page."

Maule, of Phillyskyline.com, said he noticed in April that Williams was using one of his photographs as his Twitter page background. Maule and attorney J. Conor Corcoran said they brought their concerns to Williams on several occasions.

The complaint states Williams' secretary called Corcoran July 30 and asked for proof the photograph was still on the Twitter page, telling him she was unable to view the site on her work computer and asking him to forward her a screengrab.

According to the suit, Williams within an hour of Corcoran sending the email called the attorney and claimed there was no such photo because he couldn't see it on his smartphone. Corcoran allegedly asked Williams to look at his Twitter site "on a 'regular person's computer,'" to which Williams replied he "didn't have access to a 'regular person's computer' and that any claim of copyright infringement in this regard was 'silly bulls—,'" the suit states. Williams then allegedly suggested Corcoran "might as well go ahead and file this lawsuit for copyright infringement."

Quoted

"The DA does not believe it is the same photo, but he removed it from his Twitter account last week when this person's attorney contacted the DA."

William's spokeswoman, in an email sent yesterday

ALEX WIGGLESWORTH
awigglesworth@metro.us

Back to school

Registration starts this month

School district officials announced this weekend registration dates for the upcoming 2013-2014 school year.

The first day of school is Sept. 9. The district will open registration for new immigrant students on Aug. 5 at the Multilingual Assessment Center at the Education Center at 440 N. Broad Street.

Parents can register native students on Aug. 9 from 9 a.m. to 3 p.m. at the School of the Future, 4021 Parkside Ave. General registration will begin Aug. 19 at neighborhood schools. Parents and legal guardians may register students from 8 a.m. to 1 p.m. on Monday, Tuesday, Thursday and Friday, and from 11 a.m. to 4 p.m. on Wednesday. METRO

Dressed for cool success

Summer Mizera, dressed in the proper attire, has some ice cream at the Creme de la Creme Ice Cream Bonanza during the Brooklyn Flea Market in the Piazza yesterday afternoon.

REKARD LARMA, METRO

Portable meth labs found in two homes

Bad chemistry. Del. police arrested two in connection with the illegal labs.

In two apparently unrelated incidents Friday, Delaware State Police discovered portable meth labs in two homes located 64 miles apart.

Police responded to a Greenwood residence shortly before 10:30 a.m. and arrested Jamie Craft, 36, and John Benchoff, 31, who were both wanted on outstanding warrants. After executing a search warrant, investigators said they discovered .1 gram of methamphetamine in the home, along with bottles containing waste associated with the by-products of its manufacture.

John Benchoff and Jamie Craft were arrested. / DELAWARE STATE POLICE

About nine hours later police found a portable meth lab inside a separate home located on the 9000 block of Canterbury Road in Felton after an occupant discovered soda bottles containing an unknown substance and called authorities. Arriving investigators said they determined the bottles contained meth ingredients and waste and deemed them active "one pot" portable meth labs. The meth labs were in each case safely dismantled and no evacuations were ordered.

ALEX WIGGLESWORTH
awigglesworth@metro.us

Opinion

JOHN BOLARIS

BOLARIS VISION

CECILY TYNAN RULES THEM ALL

I never really watched any TV weather person on a daily basis. The main reason is because I was in TV news myself from 1987 to 2012.

I never wanted to doubt my own forecast. I wanted to lead and not be lead by others. It's called making a forecasting decision — not to be influenced and hoping that all of your hard work leads to an accurate forecast.

This brings me to the best and worst of TV weather talent. I have no clue anymore, as the market has changed dramatically and most of you get your forecasts from the Internet. Television weather has lost its mojo. I call it robotic homogenization. It all looks the same to me. I could be wrong or just bitter that I'm sitting on the sidelines. Or perhaps a little of both.

Quoted

"Television weather has lost its mojo. I call it robotic homogenization. It all looks the same to me."

So I took to Twitter and asked you who you thought were the best and the worst. Excluding the votes for me — I thank you for being your chief unemployed meteorologist — here is how your voting went:

Cecily Tynan from 6ABC wins the best TV forecaster by a landslide. Twitter user @James_Fayleez said "Cecily owns this town," and @MrRandomguy23 said Tynan is "built like a pornstar but acts like royalty."

Tied for second was Adam Joseph from 6ABC and Sue Serio from Fox 29. User @sweetnsourlady tweeted "I love Sue Serio," and @martinbuggy tweeted "Adam Joseph. Nuff said."

Coming in third is Sheena Parveen. "With weather on the net 24/7, I have no need for TV weather. But, Sheena Parveen #guesswhy" tweeted @PennsPete.

The team of Kathy Orr and Kate Bilo from CBS 3 came in tied for forth, and Hurricane Schwartz from NBC 10, fifth.

Top honors for the worst go to Scott Williams of FOX 29, and right behind him is Chris Sowers from WPVI.

I'm not going to share the tweets, as I know they have not been in this market long enough to make an impact. Philly is one tough town, but ya gotta love it.

Follow Bolaris on Twitter @johnbolaris for your weather questions.

Goodbye pounds.

Hello me.

Cooper Bariatric surgery may be the answer to your weight loss struggles.

Join us for **a free informational seminar** to learn about the procedures available at Cooper and the lifetime support patients receive when they join our program.

For a complete schedule, visit **CooperHealth.org/bariatrics,** go to **events.cooperhealth.org** or call **1.800.8.COOPER** (1.800.826.6737)

Cooper
University Health Care

World Class Care. Right Here. Right Now.

George E. Norcross, III, Chairman • Joan S. Davis, Vice Chairman • John P. Sheridan, Jr., President & CEO

Say Goodbye to Painful Varicose Veins!

Do you have any of these symptoms?

- Varicose Veins • Spider Veins
- Itching and Burning
- Leg Pain and Cramps
- Heaviness and Swelling
- Skin Discoloration
- Ulcers and Blood Clots

You may have a serious medical condition, called Venous insufficiency.

USA Vein Clinics Will Help!

With a non-surgical, minimally invasive and painless procedure, that takes only 15 minutes! Covered by Medicare and most insurance plans up to 100%!

The Best Vein Center
(by Home Reporter)

USA Vein Clinics

Call **215.809.1335**

www.USAVeinClinics.com

8352 Bustleton Ave
Philadelphia, PA 19152

You Don't Have to Live With **Varicose Veins**

Eliminate painful, unsightly varicose veins, skin changes or even ulcers with Endovenous Laser Therapy (EVLT).

Advantages of Endovenous Laser Therapy (EVLT):

- Relief of Symptoms and leg pain • Short procedure (15 minutes)
- No surgery • No down time • No general anesthesia
- No hospitalization required. The procedure is performed at our clinic
- Resumption of normal activities right away
- Covered by Medicare and most insurance plans

Do Not Postpone Treatment

Varicose veins can start out as a seemingly small problem, but left untreated, can become much more serious. Complications of varicose veins may include ulcers. These may form on the skin near the affected veins, particularly near the ankles.

They are caused by fluid build-up in the dysfunctional veins and can be extremely painful.

Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

If you have already decided you'd like to receive vein treatments or would like to get a diagnosis, simply schedule an appointment with USA Vein Clinics today by calling (215) 809-1335.

USA Vein Clinics

Call **215.809.1335**

www.USAVeinClinics.com

8352 Bustleton Ave, Philadelphia, PA 19152

Philip Cave, a lawyer who represents soldiers and visits military prisons, said Manning, a slight man who looks younger than his 25 years and is gay, may encounter homophobia. / GETTY IMAGES

Monotonous, rigid military prison life in Manning's future

Inmates. Some may view him as a traitor, but others convicted of espionage are in Fort Leavenworth.

Bradley Manning, the soldier convicted in the biggest leak of classified information in U.S. history, faces the prospect of years of monotony with no Internet access in a small military prison cell, but he would likely be allowed to mix with other inmates and exercise outdoors.

Manning, who has yet to be sentenced, would be able to nominate friends and relatives for visits, pending official approval. A handshake, a brief kiss or a hug that does not involve touching below the waist are allowed during visits, and visitors and inmates may hold hands, according to regulations. Prisoners are allowed to telephone friends and family through pay phones that may only be used at set times, but they are not permitted to send email or browse the Internet.

Cells, which have walls rather than bars, contain a bed, a toilet and a sink, and a desk and a locker, according to unclassified army regulations.

The regulations say cells for one person must have 35 square feet of unencumbered space. **REUTERS**

Years

10

Any sentence longer than 10 years must be served at the United States Disciplinary Barracks in Fort Leavenworth, Kan., U.S. Army spokesman Lt. Col. S. Justin Platt said.

Court martial

US expected to say accused Fort Hood shooter planned attack

Prosecutors may argue tomorrow that Major Nidal Hasan researched radical Islam topics and terms such as "jihad" on the Internet before carrying out the worst non-combat attack in history on a U.S. military base, killing 13 unarmed soldiers in 2009, military officials said.

Prosecutors will lay out their case against Hasan in opening statements at his military court martial on the base where he is accused of the attack

A memorial after the shooting GETTY IMAGES

on Nov. 5, 2009.

Hasan, an American-born Muslim, is charged with killing 13 soldiers and injuring 32 civilian workers in the rampage, only days before he was scheduled to be deployed to Afghanistan.

A military jury of nine colonels, three lieutenant colonels and one major will consider evidence in the case. **REUTERS**

Venice Beach

Arrest in Calif. boardwalk hit-and-run rampage

A man has been arrested on suspicion of murder after a driver plowed his car into pedestrians on the popular Venice Beach boardwalk, killing one and injuring 11 other people, police said yesterday.

Los Angeles police said Nathan Campbell, 38, was taken into custody late on Saturday after the car involved was found in nearby Santa Monica where they say Campbell lives. **REUTERS**

www.metro.us

THIS IS IT!

ENTIRE INVENTORY MUST GO NOW!

FURNITURE SIR-PLUS

TACONY ST. LOCATION ONLY

THE END IS HERE!

LOST OUR LEASE

STORE CLOSING!

FINAL DAYS!

SOFA & LOVE SETS STARTING AT $599

ALL MATTRESS SETS:

50% OFF!

Queen Set starting at $110
Full Set starting at $100
Twin Set starting at $70

DINETTES STARTING AT $150

INSTANT FINANCING

NO CREDIT CHECK

EVERYTHING MUST GO!

We Accept Checks, Cash &

4808 TACONY ST. - CLOSING

5351 LANCASTER AVE. - REMAINING OPEN

PHILADELPHIA - 215-871-0800

OPEN: MON-SAT 10-7 • SUN 11-5

FURNITURE SIR-PLUS

www.myfurnituresirplus.com

Antagonizing

Senator: Putin acting like 'schoolyard bully'

A senior Democratic senator said yesterday that the U.S.-Russia relationship had become "poisonous" and urged President Barack Obama to consider moving next month's Group of 20 summit away from the Russian city of St. Petersburg.

Charles Schumer, the Senate's third ranking Democrat, accused Russian President Vladimir Putin of trying to antagonize the United States by granting fugitive Edward Snowden asylum for one year.

"President Putin is behaving like a schoolyard bully," Schumer said on the CBS television talk show "Face the Nation." "In my experience, I've learned unless you stand up to that bully, they ask for more and more and more." REUTERS

Lawmaker says al Qaeda threat most serious in years

Information. Intel comes ahead of the Eid celebration at the end of Ramadan later this week.

A Yemeni soldier mans a checkpoint on a street leading to the U.S. embassy compound in Sanaa yesterday. / GETTY IMAGES

The al Qaeda threat that closed U.S. embassies in the Middle East yesterday is the most serious in years and the "chatter" among suspected terrorists is reminiscent of what preceded the Sept. 11, 2001, attacks, a lawmaker who is briefed on intelligence said.

The State Department closed 21 embassies and consulates and issued a worldwide travel alert warning Americans that al Qaeda may be planning attacks in August, particularly in the Middle East and North Africa. Some embassies and consulates in the Middle East will be closed through Aug. 10 due to caution.

"There is an awful lot of chatter out there," Senator Saxby Chambliss, a top Republican on the Senate Intelligence Committee, said on NBC's "Meet the Press."

He said the "chatter" — communications among terrorism suspects about the planning of a possible attack — was "very reminiscent of what we saw pre-9/11."

A National Security Agency surveillance program that electronically collects communications on cell phones and emails — known as intercepts — had helped gather intelligence about this threat, Chambliss said.

It was one of the NSA surveillance programs revealed by former spy agency contractor Edward Snowden to media outlets.

"If we did not have these programs, then we simply wouldn't be able to listen in on the bad guys," Chambliss said. REUTERS

Quoted

"Al Qaeda is in many ways stronger than it was before 9/11, because it's mutated and it spread and it can come at us from different directions. ... And al Qaeda in the Arabian Peninsula is probably the most deadly of all the al Qaeda affiliates."

U.S. Rep. Peter King

FREE ESTIMATES, FINANCING AVAILABLE
American Home Concepts
BBB
Home Remodeling Specialist
"www.AmericanHomeConcepts.com"

• Kitchens & Bathrooms
• All Types of Windows
• Insulated Vinyl Siding
• Steel Doors & Garages
• Carpeting &Tile Flooring
• Porches & Porch Repairs
• Wood Decks & Patios
• Hardwood Flooring
• Cement & Stucco
• Colorful Awnings
• Roofing & Gutters
• Iron Railing & Fences
* Free Estimates
(610) 667-7775
Present this Coupon for 20% DISCOUNT ON All Work!
Not valid on previous orders. Cannot be combined with other offers. Call American Home Concepts at 610.667.7775 for details.
PA-HIC Reg.# PA008523

Egg Donors Needed
Looking for healthy young women
Make someone's dream come true.
Become an egg donor.
• College students/ Graduates
• Healthy non-smoking • Ages 21-28

$7,000
Donate your Eggs
Donors are seen at the Bryn Mawr office located 12 miles from Center City.
Within walking distance of Bryn Mawr SEPTA station or Norristown High Speedline
Main Line Fertility & Reproductive Medicine, Ltd.
Please contact our egg donor hotline
484-380-4886 or
tjamison@mainlinefertility.com

BANK RELEASED $1,000,000 FOR INSTANT CREDIT APPROVAL

NO CREDIT CHECK FINANCING

EVERYONE APPROVED

GUARANTEED!!

90 DAYS SAME AS CASH

TODAY'S FURNITURE DESIGN

191 W. Roosevelt Blvd.
(2nd St & Roosevelt Blvd.)
Phila., PA 19120
(215) 324-3500

NEW LOCATION

ANDORRA SHOPPING CENTER
8500 Henry Ave.
Phila., PA 19128
(267) 335-2020

www.todaysfurnituredesign.com

Living Room Sets
As-low-As
$399.99

Mattress Blowout
Twin $39.99
Full $49.99
Queen $59.99
Sold in sets

Tent Sale

EVERYTHING MUST GO!!!

Bunk Beds
As-low-As
$99.99

Daybeds
As-low-As
$79.99

Dinettes
As-low-As
$199.99

Sofa Beds
As-low-As
$199.99

Egypt. Brotherhood leaders to face trial for inciting murder

The leader of Egypt's Muslim Brotherhood and his deputy will face trial in three weeks' time for crimes including incitement to murder during protests in the days before the overthrow of President Mohamed Mursi, a Cairo court announced yesterday.

The move showed the army-backed interim government was pushing ahead with a crackdown against the Muslim Brotherhood, to which Mursi belongs, while international envoys try to help resolve the political crisis brought on by his removal by the army on July 3.

State news agency MENA quoted the court as saying it would start the trial of Mohamed Badie and his deputy Khairat el-Shater on August 25. REUTERS

Nuke resolution

Iran, US signal will to talk as leader is sworn in

Iran and the United States signalled a fresh will to seek to end the dispute over Tehran's nuclear program after Hassan Rouhani was sworn in as president and called for dialogue to reduce "antagonism and aggression."

Hopes for a resolution increased with Rouhani's win over conservative rivals in June, when voters replaced hardliner Mahmoud Ahmadinejad with a cleric whose watchword is "moderation" but who is very much an Islamic Republic insider. REUTERS

Kirobo the talking robot blasts into space on mission

Japanese Tokyo University robot creator Tomotaka Takahashi chats with humanoid robot Kirobo. / GETTY IMAGES

Space cyborg. The robot is designed to navigate in zero gravity.

Kirobo, a knee-high talking robot with red boots and a black and white body, has blasted off from Japan for the International Space Station to test how machines can help astronauts with their work.

The Japanese-speaking robot, equipped with voice- and facial-recognition technology, was packed into an unmanned cargo vessel along with tons of supplies and equipment for the crew of the orbital research base.

The cargo vessel, launched from the Tanegashima Space Center in southwestern Japan yesterday, will arrive at the outpost on Friday, according to the Japan Aerospace Exploration Agency's website.

At a recent demonstration, Kirobo said it "hoped to create a future where humans and robots live together and get along."

As it carries on the first robot-human chats in space, Kirobo's main conversation partner will be Japanese astronaut Koichi Wakata, who is expected to take off for the space station with six other crew members in November.

Wakata is due to take command of the complex, a $100 billion project by 15 nations, next March. Kirobo — jointly developed by the University of Tokyo, Toyota Motor Corp. and Dentsu Inc. — will stay in space until late 2014. REUTERS

Height

13

Kirobo stands 13 inches tall and weighs about 2.2 pounds.

Brothers
Fine Furniture LLC
Everything On Sale SAVE NOW
SEA SHORE DELIVERY AVAILABLE
We Will Fill Your Home For Less
Mattresses FOR LESS!
Truckload SALE
Lowest Prices Around!
National Brands
Queens Starting At Only $199
King Sets Starting At $299
35 models to choose from
Only $599
Bed Room Set Includes: Dresser, Mirror, Chest, Queen Head/Foot/Rails & 1 FREE Nightstand
BLOW-OUT PRICE! ONLY $619
Laken Mocha Left Arm Facing Corner Chaise Sectional
REGULAR RETAIL PRICE $499 OVERSTOCK SACRIFICE ONLY $299
Midway 7 Piece Package
REGULAR RETAIL PRICE $999 BLOW-OUT PRICE $749
Durablend Antique Sectional
Only $499
Louis Phillipe Package Dresser, Mirror, Queen or Full Headboard, Footboard & Rails (Also available in Black)
PHENOMENAL DEAL! Only $699
2 Pc. Sectional
Free Ottoman • Also available in Cobblestone
MENTION FOR EXTRA DISCOUNT
Clearance Super Center
5925 Woodland Ave. • Philadelphia, Pa 19143
215-729-5491 • Mon-Sat 10.30-6.00
Please scan for website
BrothersFineFurniture.com

GRAND OPENING!

GIAMARI FURNITURE & BEDDING
2411 KENSINGTON AVE.
PHILA., PA 19124

JENNA'S MATTRESSES
2424 KENSINGTON AVE.
PHILA., PA 19124

Fantastic 2 Store BLOW-OUT!!!

Layaways & Financing Available

Factory Authorized Sale

50% OFF BEDDING SALE

Free Frame

TWIN $19.99
FULL $29.99
QUEEN $39.99

Incredible Deals

- $2,000,000 INSTANT CREDIT
- YOUR APPROVED FOR UP TO $1,200 IN INSTANT CREDIT
- NO CREDIT CHECK

FREE 42" HIGH DEF TV
w/Purchase of $2000

8 Pc. Power Package	6 Pc. Bedroom	5 Pc. Dinette	Day Bed - Complete
$299.99	$149.99	$69.99	$99.99
Sofa, Loveseat, 3 Pc. Tables, 2 Lamps, 1 Centerpiece	Dresser, Mirror, Chest, Headboard, 2 Nightstands	Black or Beige	Black or White
Futon Sleeper Sofa	**Twin-Twin Bunk Bed**	**Canopy Bed**	**4 Drawer Chest**
$99.99	$99.99	$69.99	$49.99
Cappuccino Finish	Perfect Space Saver	Available In A Variety Of Styles	Media Chest
3 Pc. Tables	**Whole House of Furniture Super 20 PC Package Deal**	**13 PC. Power Package**	**Solid Wood Bunk Bed**
$19.99	$899.99	$399.99	ONLY $149.99
Many To Choose From	2 Pc Living Room • 3 PC Tables 5 PC Dinette • 6 PC Bedroom Two Lamps • Mattress & Box Springs	Sofa, Loveseat & 3 Piece Table, 2 Lamps, 1 Center Piece 5 PCS Dinette	Complete with (2) 10" Bunkie's

Open 7 days • Mon-Sat 9-8 • Sun 9-5

2411 Kensington Ave., Phila., PA 19124
215.427.1233

2 LOCATIONS OPEN 7 DAYS

2424 Kensington Ave., Phila., PA 19124
215.278.1053

We Accept Access, Visa, MasterCard, Discover: One Year Lay-Away. While Supplies Last: Must Bring Ad: Instant Credit Available

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Mindy Kaling has a short playlist, Marlon Wayans is disappointed in some people and Niall Horan is feeling tender.

@mindykaling: There is only one song, Human Nature by Michael Jackson.

@MARLONLWAYANS: Some people don't think

@NiallOfficial: Vegas! I must say! Great few days in Vegas! Really enjoyed it! Apart from gettin sun burnt!

Hey! It's Jennifer Aniston with no makeup

Yet another "risky" photo of a celebrity with no makeup, yet another example of why they are superior beings to the rest of us. This time it's Jennifer Aniston looking totally flawless in a picture, posted by her hairstylist Chris McMillan on Instagram along with the caption, "Best #friends #no makeup #girl-time."

Call me when she posts a photo of herself with no makeup first thing in the morning — then I'll be impressed.

Surprise! Jennifer Aniston is not a monster underneath her makeup.

A mod kind of mom

Gwen Stefani and son Kingston took in the sights at St. Martin's College of Art in London on Friday. FILMMAGIC

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

MATT DAMON
FILMMAGIC

Matt Damon to leave NYC

Matt Damon is packing up his family to move from New York to Los Angeles, and so far they're taking the news well, for the most part. "Our oldest is excited," he tells Us Weekly. "[The kids will] have a yard, and they're really excited about that. That's not something you get [in NYC]." You know living in New York is expensive if even Matt Damon can't afford a yard.

Talking points

Olivia Wilde and Jason Sudeikis / GETTY IMAGES

Sudeikis doesn't love Wilde just for her looks

Jason Sudeikis acknowledges that his fiancee, Olivia Wilde, is gorgeous but that's not why he loves her. "Being beautiful is actually only the fifth or sixth of the things that are amazing about her," he tells Maxim. "She's really hilarious. And she loves basketball."

'Skyfall' actor enters civil partnership

It turns out Ben Whishaw is off the market — and has been for a year. The actor entered into a civil partnership with Australian Mark Bradshaw last August, his rep confirms to the Daily Mail. "Ben has never hidden his sexuality, but like many actors he prefers not to discuss his family or life outside of his work."

Bill's
DISCOUNT CARPET & FLOORING

3 Rooms $498*
Plush or Sculptured Carpet
8lb. pad, installation

3 Rooms $598*
Super Plush Carpet
8lb. pad, installation

3 Rooms $698*
Heavyweight Plush Carpet
8lb. pad, installation

SHOP US FIRST, SHOP US LAST, IT DOESN'T MATTER
WE WILL BEAT ANYBODY'S ESTIMATE
WE ALSO INSTALL & REFINISH HARDWOOD FLOORS!

Free Shop at Home Save Up To 1/2 OFF Retail Store Pricing
Sale on Wood, Laminate and Vinyl Flooring
Next Day Installation Available - FREE ESTIMATES

3 ROOMS of CARPET
$398*
*Up to 40 Sq. Yds
10% Senior Citizens Discount

Your Mobile Carpet Showroom
Locally Owned and Operated
Serving PA, NJ and DE
for Over 23 Years
Call Anytime

1.856.264.1079

Attention Homeowner
Final Notice

Dear Homeowner, this notice is a final response to previous notices you may have received. Great news! Government insured programs are still available for home improvement projects. The US Department of Housing and Urban Development (HUD) under Title One of the National Housing Act has made financing programs available to YOU, the qualified homeowner. The Energy Conservation Loan Program (ECLP) is approving applications for home improvement and repair regardless of income or home equity.

You may qualify for up to **$25,000.00** today to improve your home!!!

FREE 5000 BTU AIR CONDITIONER WITH EACH SALE (prior sales excluded)

Call 1-888-990-8886 to speak to a representative.

VISIT US ON THE WEB AT TRISTATECREATIONS.COM

Some of the HUD/FHA/ECLP approved projects are, but not limited to:

Energy star Windows - Roofing - Siding - Thermal Doors
Energy Saving HVAC - Kitchens - Bathrooms - Insulation
Basements - Patios - Decks - Flooring and more!

If your home improvement project isn't listed, call

1-888-990-8886 to speak to a service representative.

Protect your primary investment! Save money on rising energy costs!

Call toll-free 1-888-990-8886 today!
WWW.TRISTATECREATIONS.COM

PA 002286, NJ 13VH04728900, Philadelphia 39104

Important Notice: Loans are originated through a third party insurance co. HUD/FHA does not originate loans; they only insure them, and does not favor any lender. HUD/FHA does not allow consolidation of your bills. Tri-State Creations is not connected to, or endorsed by the FHA or HUD in any way.

ENERGY STAR EQUAL HOUSING OPPORTUNITY BBB

Cerebral Palsy/Birth Injury

Brain Injury/Paralysis
Cancer Mistake
Medical Malpractice

Harvard & Yale Trained Physician – Attorney on Staff (Doctor – Lawyer)

Brain injuries	Paralysis/Cerebral palsy
Birth-related injuries	Obstetrical mistakes
Failure to diagnose cancer	Hospital mistakes / Death
Doctor mistakes	Medication/Prescription mistakes
Emergency Room mistakes	Surgical mistakes

We provide:

- Physician-Attorney (Doctor-Lawyer) on staff:
  - 4x Named one of Pennsylvania Rising Stars (Top Young Lawyers) by publisher of Philadelphia Magazine
  - Life member, Multi-Million Dollar Advocates Forum
  - Board certified Physician trained at Yale and Harvard
  - Former Assistant Professor at Harvard Medical School
  - Former Attending at Harvard teaching hospitals
- As Co-counsel achieved Over 20 Million Dollars in Recoveries Since 1/1/2012
- Free initial consultation with Physician-Attorney

(NO RECOVERY – NO FEE)

Law Offices of Tai Y. Wong, P.C.

PA & NJ (215) 592-9750

1101 Market Street, Aramark Tower, Suite 2820, Philadelphia, PA 19107

CANCER
MEDICAL MALPRACTICE
PRESCRIPTION/MEDICATION INJURIES/DEATHS

Cancer Misdiagnosis/Delays/Mismanagement/Deaths
Physician/Nursing/Hospital Mistakes/Injuries/Deaths
Birth/Brain/Surgical Injuries and Deaths
Prescription/Medication Injuries/Overdoses/Deaths
Suspicious Deaths/ER Injuries/Deaths, Etc.

Cases Are Reviewed with Expert Physicians including Ivy league trained expert physicians, and Evaluated by

Attorney Named Multiple Times as one of Pennsylvania's best medical malpractice/personal injury attorneys by Phila. Magazine with selections as a Pennsylvania Super Lawyer, who is also an adjunct. Prof of Law, a well-published legal commentator, and serves on the Board of Pennsylvania's and Philly's largest trial lawyers organizations, is a life-time member of the Million Dollar Advocates Forum, and a former member of the board of Pennsylvania's largest attorney organization.

Millions of Dollars Recovered for Plaintiffs

Emmanuel Law Firm, LLC
Two Penn Center, 1500 JFK Blvd.
No Recovery-No fee/Free Consultations.
Home/Hospital Visits

215-567-0493
Please visit our website at
www.emmanuellawfirm.com

Rated "A" on Angie's List
5-star reviews Merchantcircle

Two locations: Moorestown, NJ and Phila., PA

Most of your dental care can be provided by Dr. Jay Liu in one "feels like home" office.

ONE VISIT SERVICES AVAILABLE:
Root Canal Treatment
Porcelain Crowns
Extraction and Implant Placement

No insurance? We have the plan for you!

212 W Rte 38, Suite 500,
Moorestown, NJ 08057 • 856-206-9559
One mile east of Moorestown Mall.

1601 Walnut St., Suite 822,
Phila., PA 19102 • 215-557-7979
Medical Arts Bldg

Black Violin know the importance of real instrumentation. / PROVIDED

New-school music with old-school flair

Music. Black Violin blend classical music and hip-hop.

Something is missing from much of today's music: real musical instruments.

Part of the mission of the classically trained group Black Violin, out of Fort Lauderdale, Fla., is to encourage the use — and appreciation — of live music over the produced sounds and beats that dominate the hip-hop charts.

"One of our main things is to bridge the music back to the forefront," says group member Wilner "Wil B" Baptiste.

He thinks there are several reasons for the lack of real instrumentation on today's records.

"The artists probably don't have a lot of experience with live bands — it's expensive to hire a live orchestra," Baptiste says. "True artists make music to appeal to people who are more into music and who love that live sound."

The band — Baptiste and Kevin "Kev Marcus" Sylvester, plus a percussionist and a DJ — got their big break in 2004 after taping a winning "Showtime at the Apollo" performance at the Apollo Theater in Harlem. They had a little time to kill in the city and called up Alicia Keys' manager. Keys put them on the stage with her at the Billboard Music Awards in Las Vegas that year.

From there they have worked with a range of major artists, from Kanye West to the Eagles, and have played on Broadway and for President Obama.

It's as if Bach had a boom box.

"We want to bring kids to classical music," Baptiste says.

Black Violin play the Mann Center for the Performing Arts on Monday in a sold-out show that's part of the venue's Young People's Concert Series.

CHRIS JORDAN
letters@metro.us

If you go

Black Violin

Aug. 5, 11 a.m.
Mann Center for the Performing Arts
5201 Parkside Ave., Fairmount Park
Sold out, 215-878-0400
www.manncenter.org

$300 Toward Down Payment!
801 Bristol Pike Croydon, PA 19021
B-B AUTOMOTIVE FOR EVERYONE
DRIVE for as low as $9.00/ Day!
DRIVE for as low as $295 Down!
HassleFreeAutoLoan.com
BUY HERE PAY HERE
866-526-1556
THE HOME OF THE FREE
FREE 30-Month Warranty
FREE Dealer Certification
FREE Lifetime Inspections
FREE Oil Changes/Tire Rotations
FREE Credit Repair & Counseling
PLUS MORE FREE!!!
BAD Credit OK!
CALL OR CLICK TODAY
For Your 5-Minute APPROVAL!
$295 Down 2001 Dodge Grand Caravan
$395 Down 2003 Ford Windstar
$495 Down 2003 Chevrolet Impala
$595 Down 2000 Toyota Camry
$695 Down 2001 Honda Accord
$795 Down 2005 Mitsubishi Lancer
$895 Down 2001 Jeep Wrangler
$995 Down 2004 Nissan Pathfinder
$995 Down 2003 Acura TL
$1295 Down 2004 Infiniti I35
OVER 175 VEHICLES SCAN HERE >>>>>>>

DOORS UNLIMITED AS SEEN ON TV
Buy Factory Direct and Save!
Over 300 Styles to Choose From!
SUMMER SALE 20% TO 25% OFF ALL WINDOWS & DOORS
1971-2013 42 YEARS OF EXCELLENCE DOORS UNLIMITED
BBB MEMBER EASTERN PENNSYLVANIA A+ Rating
FACTORY DIRECT SHOWROOM OPEN MON-SAT
• STEEL ENTRY DOORS • STEEL SECURITY STORM DOORS
• ALUMINUM STORM DOORS • WOOD DOORS
• GARAGE DOORS • VINYL WINDOWS
• GLASS BLOCK • AWNINGS
• EXPERT INSTALLATION • PRIOR SALES EXCLUDED
FREE SHOP-AT-HOME
"We Come To You!"
318 W. Hunting Park Ave.
Philadelphia, PA 19140
215-455-2100
1-800-523-0840
www.doors1.com

INJURED AT WORK?
WE WILL FIGHT FOR YOU
• SOCIAL SECURITY DISABILITY
• WORK INJURIES
CALL CHRISTY ADAMS, ESQ
ADAMS RENZI LAW
FREE CONSULTATION • SE HABLA ESPANOL
215-546-4208
ADAMS RENZI AR LAW
CENTER CITY • 1429 Walnut St.
NORTH PHILA. • 227 W. Lehigh Ave.

Porter's Day Care
EDUCATIONAL CENTER
A Developmental Learning Daycare Program

Limited Free slots available in 1/2 day and whole day Pre-K Counts and Head Start Program

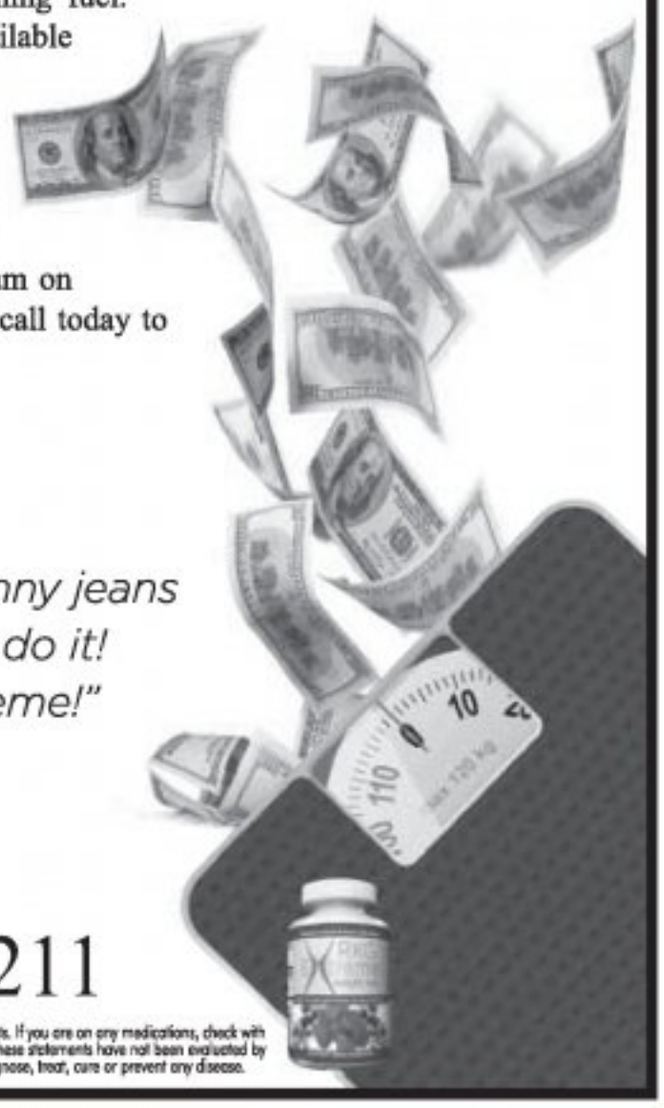
Subsidized • Rates Available
Hot Meals • Large Outdoor Playground Facility
Grades Nursery thru Kindergarten

Special Open House
Every Day 10 a.m - 5 p.m
Evening Open House
every Thursday 5 p.m - 7 p.m

1434 Belfield Ave., Phila., PA 19140
(215) 329-2300
www.porterschildcare.org

HELP WANTED

We are currently seeking men and women 18 years of age or older to participate in a ground breaking weight loss program sponsored by RKG Extreme. They want to pay you to lose those unwanted pounds with their brand new dual action fat burning fuel. Unlike any other formula available in the United States, RKG Extreme not only speeds up your weight loss naturally, but it also prevents fat from reabsorbing. Qualified callers will be accepted into the program on a first come first serve basis so call today to secure your spot!



Lose Weight Get Paid!

"I now fit into my skinny jeans and got paid $125 to do it! Thank you RKG Extreme!"
Caroline D.

For More Information
1-800-499-8211

Please consult with your physician before taking any nutritional supplements. If you are on any medications, check with your doctor regarding dosage adjustments. Individual results may vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

THINNING HAIR?

HAIR Transplant Made Easy!

USA Hair Clinics provides the next generation in hair transplant for both men and women. The most advanced FDA approved option for fuller, thicker head of hair.

Free Consultation with Hair Specialist

BENEFITS:
- Least invasive hair transplant procedure
- No scalpel incision
- No sutures or staples
- No wigs
- No unsightly linear scar
- Fastest recovery time, work the next day
- More natural looking hair

USA HAIR CLINICS

www.USAHairClinics.com
New York | Los Angeles
Boston | Chicago | Philadelphia
267-628-1020

ADAMS CARPET CENTERS

FREE SHOP AT HOME CALL NOW 425-9700

90 DAYS SAME AS CASH OR NO PAYMENTS FOR 6 MONTHS

Heavy Plush
$698.00* Completely Installed

Super Plush
$598.00* Completely Installed

3 Rooms of Carpets at ONE LOW PRICE $498

Adams Carpet Centers — Family Owned & Operated Since 1970 3rd Generation

KENSINGTON
2850 Emerald St.
(1 block West of Frankford)
215.425.9700
Mon. - Sat. 9am-5pm

BENSALEM
2066 Street Rd.
Bensalem Plaza
215.245.4400
Mon., Wed., Thurs., Fri. 10am-8pm
Tues. & Sat.10am-5pm
Sunday 12pm-4pm

ROXBOROUGH
6604 Ridge Ave.
215.482.3400
Mon., Wed., Thurs., Fri. 10am-8pm
Tues. & Sat. 10am-5pm
Sunday 11am-3pm

FINANCING AVAILABLE • NO INTEREST FOR 6 MONTHS • www.adamscarpetcenters.com

Become a Practical Nurse

Part Time 18 month program
CALL PITC AT
215-576-5650
PITC
Apply at www.pitc.edu

Financial Aid and Military benefits available for those who qualify.
For required program disclosure information, please go to http://pitc.edu/ci.htm

PITC START YOUR NURSING CAREER NOW
140 South Easton Road, Glenside, PA 19038

ASK ABOUT OUR TEAS PREP SESSIONS, AT NO COST.
Classes Start: Full Time (12 months) **October 3rd, 2013**
Part Time (18 months) **September 3rd, 2013**

Box office. Denzel Washington, Marky Mark iced the Smurfs

"2 Guns," a comic action thriller starring Denzel Washington and Mark Wahlberg as rival federal agents, shot through its weekend competition at movie theaters, collecting $27.4 million to lead the North American box office, according to studio estimates released on Sunday.

Comic book spin-off "The Wolverine," last weekend's box office leader, finished second with $21.7 million in ticket sales and has totaled $95 million during its two weeks in theaters.

Sony's "The Smurfs 2," the newly released sequel to its 2011 movie "The Smurfs" starring Neil Patrick Harris and a band of small blue elf-like creatures, came in third with a somewhat disappointing $18.2 million in ticket sales.

The horror film "The Conjuring" continued its strong run and was fourth with ticket sales of $13.7 million. The animated "Despicable Me 2" was fifth after five weeks with $10.4 million in sales. **REUTERS**

Top 5

1. '2 Guns' $27.4 million
2. 'The Wolverine' $21.7 million
3. 'The Smurfs 2' $18.2 million
4. 'The Conjuring' $13.7 million
5. 'Despicable Me 2' $10.4 million

TV watch list

SHARKS!

'Shark Week'

We're going to need a bigger DVR ... because Shark Week is back, and we don't want to miss a single second of jagged-toothed, dead-eyed, scariest predator of the seas programming. Tonight, catch "The Return of Jaws" which is not a sequel but an exploration of the hunting habits of Great Whites off the coast of Cape Cod. **9 P.M., DSC**

There ain't no week like Shark Week. / DISCOVERY CHANNEL

REALITY

'The Real Housewives of Orange County'

The ladies are cold as ice to one another at Vicki's "Winter Wonderland" party (isn't this lady too old — like, so old — to be having prom-themed parties?) and basically everyone fights with everyone else in the season finale. **SEASON FINALE, 9 P.M., BRAVO**

EDUCATIONAL

'The Ghost Inside My Child'

Whoa, the name of this new series isn't creepy at all. In the premiere episode a toddler has unexplainable and disturbing memories of war. Eek! **SERIES PREMIERE, 10 P.M., BIO**

REALITY

'The Bachelorette'

In the season finale (it feels like this season has been interminable), Desiree finally chooses her leading man. There's no doubt plenty of tears and drama in store. **SEASON FINALE, 8 P.M., ABC**

ALEXANDRA CAVALLO

MULTICARE HEALTH SYSTEM

We Bring the Doctors Office to Your Home!

NO MORE
STRESS
WAITING ROOMS
INCONVENIENCE
for you and your family

215-331-0805
info@multicarehs.com
COVERED BY MEDICARE, MEDICAID, AND MOST INSURANCE PLANS

my
my city. now.
metro

FOR THE COOLEST EVENTS IN PHILLY!

MY METRO
THURSDAYS
IN-PRINT
EVERY DAY
ONLINE
WWW.MYMETRO.US

COURSES | CONFERENCES
LIVE MUSIC
RESTAURANTS BARS FOOD & WINE
COMEDY THEATRE ART GALLERIES DANCE
SPORTS | LEISURE | KIDS
FREE FESTIVALS

To publicize your event contact events@metro.us
To advertise contact david.williams@metro.us or 215-717-2611

SHOP US FIRST, SHOP US LAST WE WILL BEAT ANY PRICE!

ARAMINGO CARPET WAREHOUSE

MENTION AD FOR ADDITIONAL DISCOUNTS

COME IN! VISIT OUR WAREHOUSE

FREE SHOP AT HOME SERVICE

WALL TO WALL CARPET

From a Room to A Whole House

We Install
What We Sell
No Sub-Contractors

4591 Aramingo Ave.
Philadelphia, PA

215-537-9666

Over 250 Remnants All Must Go!

Layaway Available

NEXT DAY INSTALLATION
GUARANTEED

Open: Mon., Wed., Fri., 9-8PM
Tues., Thurs., Sat., 9-5 PM
Sun. 11-5PM

Directions: Take I-95 S. to Betsy Ross-Aramingo Ave. Exit, Turn left on Aramingo Ave., (end of ramp) We are about 2 blocks away on the right

Jet lagged? Try this

"Stretch out the muscles that cramp up from sitting for too long and relieve the upper back from poor posture," says yogi Lisa Sanfilippo. **ROMINA McGUINNESS**

1 Standing Big Toe Extension

Stand up tall, arms by your sides. Bend your right knee and clasp your big toe with your right thumb, index and middle fingers. Place your left hand on your hip for support. Relax your shoulders and begin to extend your right leg straight out in front of you. Extend your leg as far as you can without losing your grip or straining your shoulders. Keep your hips level and lift your chest tall while gazing slightly past your lifted big toe. Keep the leg you're standing on straight. Hold for up to 30 seconds. Repeat on the opposite side.

Lisa Sanfilippo: "You're getting the muscles to hug toward the bone, which brings more blood flow into the musculature."

2 Dolphin

Begin on all fours. Place your forearms on the mat, shoulder-width apart. Curl your toes under and lift your hips up. Straighten your legs and walk as far as you can toward your hands, keeping your shoulders directly over your elbows. Relax your neck and gaze just slightly forward.

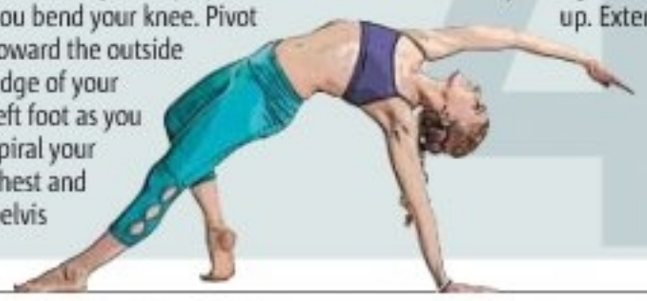
Sanfilippo: "Downward Dog is a beginner's variation."

3 Camel

Begin by kneeling with your knees and feet hip-width apart and the tops of your feet flat on the floor. Keep your pelvis over your knees, your tailbone down and your lower belly lifted. Bring your hands to your heart in the prayer position, roll your shoulders back and hug your elbows in. Curl your chest open by kneeling back, but keep your hips over your knees. When you can't curl your chest back any farther, release your arms and grab your heels. You can also touch them with your fingertips. Hold for up to 30 seconds.

Sanfilippo: "You're working against gravity, opening up your shoulders and the upper part of the spine. Your chest is lifted, which feels very expansive in the lungs."

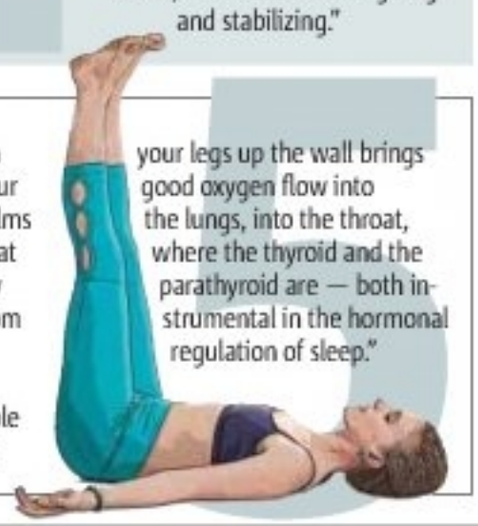
4 Wild Thing



Begin in Downward Facing Dog. Lift the right leg up into the air and rotate your hip open as you bend your knee. Pivot toward the outside edge of your left foot as you spiral your chest and pelvis to face the ceiling. Drop your right foot onto the floor behind you, landing on your foot or just the ball of your foot. Arch your chest and lift your right arm up. Extend it behind your head, with its inner side turning toward the floor. Lift your hips and let your head hang. Hold for up to 30 seconds. Return to Downward Facing Dog and repeat on the opposite side.

Sanfilippo: "You're balancing on your hands, and doing a backbend, which is both energizing and stabilizing."

5 Legs Up the Wall



Begin seated, perpendicular to a wall. Bend your knees and lie back on the floor. Pivot your torso and extend your legs up the wall so your hips and the entire length of the back of your legs rest against the wall. You can use a strap to tie your feet together so your legs can relax even further. Let your arms rest next to you, palms up, or bend your elbows at right angles. You can stay in this pose anywhere from five to 15 minutes.

Sanfilippo: "This is suitable for all levels. Just getting your legs up the wall brings good oxygen flow into the lungs, into the throat, where the thyroid and the parathyroid are — both instrumental in the hormonal regulation of sleep."

PLUS

Editor's note

Many of the poses in this sequence are intermediate to advanced. Please adapt if necessary and seek guidance from a qualified teacher.

AMA CARS

OVER 100 VEHICLES IN STOCK!

GOOD CREDIT

BAD CREDIT

CHARGE-OFFS

REPOS

FINANCING 4 EVERYONE!

0 DOWN*

SE HABLA ESPANOL

Payments $99/mo.. as low as

CALL TODAY!
DRIVE TODAY!

2010 Acura TL 3.5
26k Miles, CD/MP3, LCD Monitor, Leather
$24,999

2008 Nissan Quest 3.5 SL
CD/MP3, 47k Miles, 150 Watt Stereo
$14,999

2004 Infiniti FX35
66k Miles, Leather, Sunroof
$17,999

2005 BMW 325ci
Convertible, CD, 10 Speakers
$15,999

2010 Nissan Maxima
CD/MP3, 9 Speakers, Wireless Phone Connectivity, Power Moonroof
$19,999

2008 Porsche Cayenne S
CD/MP3, Leather, Dual Climate Control
$29,999

2006 Nissan Pathfinder SE
Roof Rack, Privacy Glass, CD
$13,999

2007 Infiniti G35x
AWD, CD/MP3, LCD Monitor
$17,999

2011 Ford Explorer XLT
Leather, CD/MP3, Roof Rack, Trailer Wiring & Hitch
$25,999

2007 Saab 9-7X
Sunroof, Leather, AWD
$12,999

2399 Old Lincoln Hwy. Trevose, PA 19053

215-638-4430

On the Roosevelt Blvd. Across from the Neshaminy Interplex

CALL OUR TOLL FREE AUTOMATED SYSTEM 24 HOURS,
7 DAYS A WEEK NO SALESMAN - NO HASSLES • JUST RESULTS 1-800-890-5972

*On Select Vehicles. **Based on $6000 Cost $1000 Down at 7.9% for 72 mo.

Present ad $250 OFF

Open Monday to Friday 9-8, Saturday 9-5

3 REASONS TO TRAIN FOR A CAREER IN HVAC/R
Career Education
1. ENJOY VARIETY you could work at different sites each day!
2. JOB PROSPECTS are expected to grow FASTER THAN AVERAGE*
3. A career with INDEPENDENCE and self-employment is possible
Offering programs in Allied Health and Trades.
Call Now! 800.983.2540
www.go.kci broomall.com
KAPLAN CAREER INSTITUTE
1991 Sproul Road, Suite 42
Broomall, PA 19008
(Delaware County)
For more information on our programs and their outcomes visit www.kaplancareerinstitute.com/consumer-info. Kaplan Career Institute does not guarantee employment or career advancement. *BLS, U.S. Dept. of Labor, Occupational Outlook Handbook, 2012-2013 edition, http://www.bls.gov/ooh/about/projections-overview.htm, National long-term projections may not reflect local and/or short-term economic or job conditions, and do not guarantee actual job growth.

metro
METRO IS THE ONLY GROWING NEWSPAPER IN PHILADELPHIA!
[Metro: +4%, Daily News: -10%, Inquirer: -23%*]
TO ADVERTISE, CONTACT: adsphilly@metro.us or 215.717.2699

Job satisfaction.
Graduates are sad, according to new data

If you're a college graduate and unhappy at work, you're not alone. In fact, you're outpacing your peers without degrees in the disengagement category, per a new study conducted by Gallup.

According to the study, which surveyed 150,000 adults at various ages, college graduates whose highest educational attainment is a bachelor's degree say they're less engaged at the office (emotionally disconnected from work and the workplace) than peers who completed some or no college at all.

The numbers tell all: Fifty-five percent of graduates are not engaged, whereas people who finished some college edged in slightly lower at 50.2 percent. This is in comparison to the 48.2 percent of workers whose schooling ended at high school. Not all occupations are created equal: The highest engagement for college grads was in managerial and executive roles, while transportation workers were the least engaged.

So what gives? Is there a breakdown in higher education or the transition from backpack to briefcase? Can the numbers be attributed to half of recent graduates working in jobs that don't require a degree, as a 2012 Gallup/Lumina Foundation poll found?

Perhaps grads' expectations fall flat or there is something broken with the process. Gallup certainly thinks so.

Brandon Busteed, head of Gallup Education states in a press release, "This is not a statement about liberal arts, it's not a statement about community college, it's literally about higher education in general — there's something about the process and the experience that is preventing graduates from getting to a place where they're doing what they're best at." **VICKI SALEMI**

Work/life balance

Hobbies make you happier

Another theory reflects upon the state of the job market. Richard Mendelson, of Dynamic IO Consultants, explains that this may be a sign of the times. "Individuals can very quickly become caught up in working in a field that does not make them happy in order to earn a livable wage."

His advice to boost happiness? Get a hobby and participate in activities for enjoyment after work. He says this will lead to a balanced approach to life and helps in "making time spent at work more bearable."

For students who are disengaged with their work, experts advise that hobbies will make the workday more pleasant. / GETTY IMAGES/FUSE

ADVERTORIAL

Turn Care Into a Career

Train for a ~~Job~~ Career in Human Services!

Looking for a fulfilling career as a Social Worker Assistant? Want to begin a rewarding profession where you can make a positive difference in people's lives? Then consider 6-month training in Human Services at Orleans Technical Institute!

Orleans Technical Institute in Northeast Philadelphia is enrolling now for its career training program in Human Services, which starts in September 2013. With Orleans' Human Services diploma program, you can gain the skills needed to promote positive change in people's lives, from basic counseling skills and case management methods to effective intervention strategies. The curriculum includes an internship and career placement services.

Orleans' multi-disciplinary training program in Human Services is for those who want to make a difference in people's lives—those with the compassion to assist individuals in need. Through classroom instruction and field trips, Orleans students develop the knowledge and practical experience necessary to work with diverse at-risk populations: those with addictions and in recovery, the aging, at-risk youth, victims of domestic abuse, those with HIV/AIDS, ex-offenders, the homeless, refugees and immigrants, and individuals with disabilities or are welfare dependent.

The Dept. of Labor Projects That Employment of Social & Human Service Assistants is Expected to Increase

28%

During 2010–20 Decade*

* Source: Dept. of Labor 3/29/12

"I like working with people and wanted to gain more knowledge of the Human Services field," said Martina Lucas, a Germantown, Philadelphia resident and graduate of Orleans. "The instructors at Orleans are great, and the program gave me the boost to go onto college." Graduates of the program can transfer credits toward a degree in social work or related field at two area universities.

Careers in Human Services

Human services professionals are "social problem-solvers" and play important roles in our community. Graduates of Orleans Technical Institute's Human Services program may work in a variety of settings, including schools, hospitals, youth centers, government or social services agencies, community organizations, rehabilitation or residential facilities, and correctional programs.

With a history of success for nearly 40 years and operated by one of the city's leading non-profit organizations, JEVS Human Services, Orleans Tech prepares students for a new future in the growing social assistance industry. Upon completion of their training, students receive job search assistance, working one-on-one with Orleans Tech employment specialists to identify available job positions as well as unadvertised openings with local companies that like to hire from Orleans.

Martina, Orleans Grad

Put Your Compassion to Work

At Orleans Technical Institute, you can earn your Human Services Diploma in just 6 months and take the first step toward a fulfilling career.

Enroll today for our September class!

Visit to learn more

HUMAN SERVICES CAREER TRAINING

Walk-In Wednesday 9 am-7 pm

No appointment necessay

Apply online at:

www.orleanstech.edu

or call **215-728-4426**

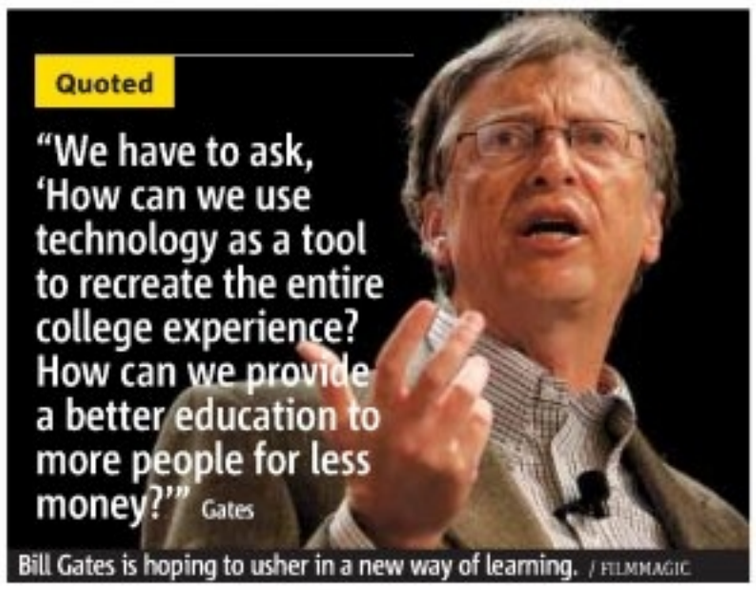
Orleans TECHNICAL INSTITUTE

2770 Red Lion Rd., Philadelphia, PA

Accredited by the Accrediting Commission of Career Schools and Colleges; Licensed by the PA State Board of Private Licensed Schools. For program disclosure information, please go to www.orleanstech.edu

Gates puts competency first in higher education

Leaders. The Gates Foundation looks to change college with a belief in learning based on competency.


Quoted
"We have to ask, 'How can we use technology as a tool to recreate the entire college experience? How can we provide a better education to more people for less money?'" Gates
Bill Gates is hoping to usher in a new way of learning. / FILMMAGIC

Bill Gates' foundation is known for working with K-12 students, but now he's moving into higher education — big time. A recent piece in the Chronicle of Higher Education, "The Gates Effect," revealed much about the goals of the Bill & Melinda Gates Foundation that was previously unknown to the American public.

According to the Chronicle, Gates has spent $343 million since 2008 to encourage more emphasis on "competency-based learning." But the word "competency" is a well-known trigger of anger and vitriol from many professors.

"At the four-year level, where there's an emphasis on the liberal arts and critical thinking, people tend to reject the idea of reducing the educational process to a set of skills or competencies. It feels reductionist to them," explains Thomas J. Lasley, the former dean of the School of Education at the University of Dayton.

Mark Naison, a professor at Fordham University, puts it more bluntly:

"We've seen this play out already in K through 12. If you're measuring competence, you have to have data gathering, and if that data is high stakes — if jobs are on the line — then the class becomes about teaching to the test. It undermines classroom creativity and autonomy."

The No Child Left Behind push for competency isn't the only approach out there, though. Some teachers are hoping to see a new, more flexible form of education emerge.

"It's such a politically charged term that it becomes difficult to discuss seriously," says Stephen D. Brookfield, a longtime researcher of adult learning at the University of St. Thomas. "I think the devil is in the details. If the competencies that need to be achieved are open to negotiation, and if they can be adjusted to the student's circumstances, then competency-based learning doesn't have to be the straightjacket that critics of it assume it is."

BRUCE WALSH
letters@metro.us

Enjoy a career helping people!
career education
Train to become a
Medical Assistant!
Offering Programs in Allied Health, Trades, Criminal Justice* & Information Technology.
Call Now!
800.983.9801
www.go.studentsfirstnow.com
KAPLAN CAREER INSTITUTE
Delaware County - 1991 Sproul Road, Suite 42 • Broomall, PA 19008
177 Franklin Mills Blvd. • Philadelphia, PA 19154
3010 Market Street • Philadelphia, PA 19104
For more information on our programs and their outcomes visit www.kaplancareerinstitute.com/consumer-info. Programs vary by campus. Kaplan Career Institute does not guarantee employment or career advancement. *Additional academy training or education may be required for law enforcement positions.

Classes Starting:
August 26
(M, W)
8:30 AM - 5 PM
September 4
(M, W)
5:00 PM - 10:00 PM
CNA Classes Staring Soon
Financing Available
Stepping Stone
Allied Health Academy
5312 Germantown Ave.
Call 267-385-7639

CALL NOW! 888.215.2655
StarCareerAcademy.com
STAR CAREER ACADEMY
Healthcare Careers are out there – start training today!
Become a Star!
• Medical Assistant
• Surgical Technologist
• Dialysis Technician
2371 Welsh Road
Philadelphia, PA 19114
Philadelphia Campus – Branch of SCA - LI. Career Education. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.starcareeracademy.com/faq Star Career Academy is an approved BONENT program.
BOARD OF NEPHROLOGY EXAMINERS • NURSING • TECHNOLOGY
EDUCATION TOWARDS EMPLOYMENT

Pennsylvania Institute of Technology
MEDICAL BILLING & CODING
CAREER CERTIFICATE PROGRAM
Partners In Tomorrow
• Middle States Accredited College*
• Affordable Tuition
• Successful Job Placement
• Day or Evening Classes
"What I enjoyed about P.I.T. was the small classrooms and the way the teachers treated me. They really cared!" - Jennifer H.
INVEST IN YOUR FUTURE!
Start Your College Courses Today!
MEDIA: 866-249-3581
CENTER CITY: 888-452-8959
INFO at PIT.edu
*Certificate Programs can be expanded to Associate Degrees. *Pennsylvania Institute of Technology is a not-for-profit college accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104, (267-284-5000). Certificate Programs can be expanded to Associate Degrees. For complete details on gainful employment as required by the Department of Education, please visit www.pit.edu and click on the Gainful Employment link. A Non-Discriminatory College.

CALL NOW! 888.215.2655
StarCareerAcademy.com
STAR CAREER ACADEMY
Spice up your life with
Culinary Training!
Become a Star!
• Professional Cooking
• Commercial Cooking
• Professional Baking
2371 Welsh Road
Philadelphia, PA 19114
Philadelphia Campus – Branch of SCA - U. Career Education. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.starcareeracademy.com/faq
Educational Assurance
American Culinary Federation Education Foundation
EDUCATION TOWARDS EMPLOYMENT

Education

Janet Mino looks on as her student, Quran, graduates.
NARA GARBER

Schools on the big (and little) screen

As the first day of school approaches, the classroom comes into the spotlight.

As part of PBS' "POV" series, two documentaries examine public schools helping their communities.

John F. Kennedy High School in Newark, N.J., bills itself as the city's "best-kept secret." On Sept. 23 at 10 p.m., PBS takes a look at how teachers like Janet Mino are changing the lives of special-needs youth.

In Oct. 7, the series will spotlight I.S. 318, a school in Brooklyn that has made champions of its 85-member chess team.

On the big screen, the thriller "A Teacher" follows Diana (Lindsay Burdge), a high school teacher who begins an affair with her teenage student. The film premiered at Sundance in 2013 and will be in theaters and on-demand in September. JULIA FURLAN

TAKING TO GET

Job Advice

DAN SCHAWBEL

DANSCHAWBEL.COM

Dan Schawbel is the founder of Millennial Branding and the author of Promote Yourself: The New Rules for Career Success (St. Martin's Press).

David Bach is the best-selling author of "The Automatic Millionaire," — a book that has advised millions of people on financial success — as well as a contributor to the "Today" show and a motivational speaker. I caught up with David while he was on sabbatical to find out why he took some time off, what he learned from it and why summer is as good a time as any to look for a job.

You made a major decision last year to take a sabbatical for 2013. What lead to that and how is it going?
Last year after writing a dozen books in 10 years, doing thousands of speeches and thousands of television and media appearances, running a company and traveling more than half a million miles, I reached a point where my soul said "Enough is enough; you

Q&A

Do you believe summer vacations are critical to professionals to recharge?
Let's face it, if you aren't taking a break during the summer, chances are you aren't taking a break all year. Summer is the ultimate time to give yourself some free time. You need free time to reenergize, recharge your batteries and look at what you do and why you do it.

CALL NOW! 888.215.2655
StarCareerAcademy.com
STAR CAREER ACADEMY
Ready for a hair raising career?
Cut to the front with training in
Cosmetology.
Become a Star!
2371 Welsh Road
Philadelphia, PA 19114
Philadelphia Campus – Branch of SCA - U. Career Education. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.starcareeracademy.com/faq Salon services available by appointment. Performed by students, overseen by instructors.
EDUCATION TOWARDS EMPLOYMENT

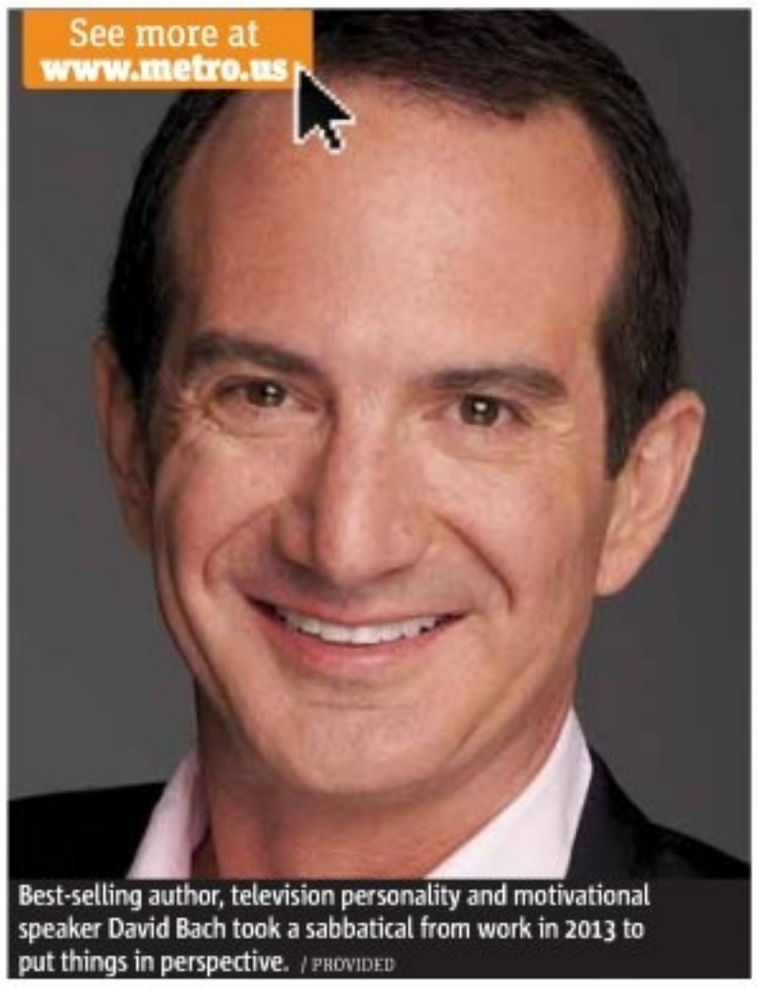
Hands-On Training Job-Ready Skills
Build Your Future in the Trades
6 and 13 Month Training Programs
Carpentry • Building Maintenance
Air Conditioning, Refrigeration & Heating
Plumbing & Heating • Residential & Commercial Electricity
Enrolling NOW for Fall Classes!
CALL 215.728.4700
or apply online at www.OrleansTech.edu
2770 Red Lion Road, Phila., PA
(Accessible by bus #1 & 14)
Applicants must have a high school diploma or GED
Financial aid available for those who qualify
Orleans TECHNICAL INSTITUTE
Accredited by the Accrediting Commission of Career Schools and Colleges; Licensed by the PA State Board of Private Licensed Schools. For program disclosure information, please go to www.orleanstech.edu

A BREAK AHEAD

need and deserve a serious break." It was hard to listen to my soul, being addicted to "doing it, doing it, doing it." Deciding to take a sabbatical was truly one of the most difficult decisions I have made in my 25-year career. It was ultimately probably one of the most important decisions, and the best I have ever made. I can't believe how refreshed, re-energized, relaxed, present — and creative I now feel.

How did you unplug?
It's about learning to say "no," which is incredibly difficult when your life has been about saying "yes." My answer to everything has been simple: "Sorry, I am on a sabbatical and not working until the end of 2013. " The response almost universally has been "That's amazing, good for you; I wish I could do that, too." I'm learning from this experience that people really need and want a break more than they realize or share.

Do you think summer is a good time to look for a job?
It's really not about a time to look for a job — it's about you being in a place to be of the most value to the largest number of people. Employers are always looking for great employees that can help them grow their business. What is unique about summer is that many business owners and even large companies are now planning for 2014 — so getting in now and talking to people who are hiring while they are slower can be the perfect time to connect and make an impression.



Best-selling author, television personality and motivational speaker David Bach took a sabbatical from work in 2013 to put things in perspective. / PROVIDED

Janitorial- Area and Project Managers
Expanding in PA, well established building maintenance company has immediate openings for an area and project manager. The successful candidate will be professional, dependable, be able to work with all levels of management and have strong knowledge of all janitorial procedures. Bi-lingual (Eng/Span) a +. Excellent benefits and bonus incentive package available If interested fax resume with salary requirements to
610-734-2320
ATT: HRD-APM or mail to TAJC-HRD-APM-7025 West Chester Pike, Upper Darby, PA 19082. EOE – No Phone calls

NOW HIRING
CNA's & HHA's
$11/hr M-F • $12/hr Sat & Sun for 4hr
Private duty Home Care Shifts, $$ REFERAL BONUS $$
Pennsylvania Agency of Nurses 610-353-3810

enterprise
Enterprise Management Trainee Hiring Event
Want to learn to run a business from the ground up? Visit go.enterprise.com for more details and to apply for consideration in the Management Training Program. Mention this ad in your online application, and if you're a qualified candidate you will be contacted to attend an interview session on August 8, 2013
THIS IS WHERE IT ALL STARTS.
go.enterprise.com

metro
METRO PHILLY IS LOOKING TO HIRE
THE BEST IN ADVERTISING SALES
The fastest growing newspaper in Philadelphia and the #1 free daily in the United States is growing like crazy and we need the best to join our team.
Looking for sales representatives with media and online sales experience.
Source: Scarborough R2 2012
CONTACT PHILLYRESUME@METRO.US

DANI'S AUTO SALES OF HARBISON
(215) 333-5520
6450 Harbison Ave. Philadelphia
One Block From Roosevelt Blvd.
Apply Online @ www.DANISAUTOSALES.com
LARGE SELECTION OF CARS UNDER $5000
88k Miles — $226/Month — 2005 Nissan Altima SL
3 to Choose — $268/Month — 2007-2010 Dodge Charger
$500 Down
69k Miles — $298/Month — 2007 BMW X5
77k Miles — $252/Month — 2007 Nissan Maxima SL
$500 Down
$239/Month — 2009 Buick LaCrosse CX
Sporty — $249/Month — 2006 Pontiac G6
EVERYONE APPROVED
67k Miles — $289/Month — 2006 Lexus RX 330
Mint! — $267/Month — 2006 BMW 330i
$500 Down
73k Miles — $324/Month — 2007 Chevrolet Tahoe LTZ
86k Miles! — $242/Month — 2006 Honda Accord EX-L
$500 Down
69k Miles — $231/Month — 2006 Chevrolet Equinox LT
$243/Month — 2007 Hyundai Santa Fe Limited
$500 Down
33k Miles — $272/Month — 2010 Nissan Rogue SL AWD
86k Miles — $198/Month — 2005 Ford Escape XLT
DISCOUNTS FOR CITY, GOV'T & SEPTA EMPLOYEES

Horoscope

♌ Leo | July 23-Aug. 22. A disagreement needs to be settled as speedily as possible. A small rift could get much worse.

♍ Virgo | Aug. 23-Sept. 22. If someone recently did something that you resent, you need to get over it. Let bygones be bygones.

♎ Libra | Sept. 23-Oct. 22. This is an good day to review how much time and money you've been spending on inessential items and activities. Once you identify the waste, you'll find ways to weed it out.

♏ Scorpio | Oct. 23-Nov. 21. Objectives you set for yourself might not be easy to reach. If you're aware of this fact, you won't be inclined to quit.

♐ Sagittarius | Nov. 22-Dec. 21. You might have too many doubts for your own good. Being cautious is one thing, but just being negative is detrimental.

♑ Capricorn | Dec. 22-Jan 20. Don't overlook an old financial obligation to a friend. The quickest way to end the relationship is to fail to do what you promised.

♒ Aquarius | Jan. 21-Feb 18. If at all possible, avoid friends who tend to be pessimistic. They will have a negative effect on your outlook.

♓ Pisces | Feb. 19-March 20. Your way of doing things will turn insignificant tasks into major undertakings. Do your best to plan your moves in advance.

♈ Aries | March 21-April 20. Don't waste time worrying about things that have little chance of happening. Concentrate on your goals and not on nonexistent problems.

♉ Taurus | April 21-May 21. If things go wrong in your household today, don't try to pin the blame on any one person.

♊ Gemini | May 22-June 20. Stick to the facts if you're trying to promote something special. The worst thing you could do would be to embellish your wares.

♋ Cancer | June 21-July 22. If you need to make a purchase of financial consequence today, be certain that you're getting what you want.

BERNICE BEDE OSOL

Sudoku: Easy and hard

			3	4	1	9		
			9		6		1	5
	9	7			2		6	
						7		1
2								6
5		4						
	2		6			4	9	
8	6		4		9			
		9	5	8	7			

	4			1	9			7
7			8			3		
			7		6		4	
2	8				3		1	
1				2				5
	3		1				8	9
	2		9		5			
		3			1			8
6			3	7			9	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Don't let one bad spot spoil the whole fruit

I really don't know how people can compare Spitzer to Weiner. The one did what men have done since the beginning of time — he went to someone who practiced the oldest profession in the world. The other behaved like a dirty old man with a raincoat.

While in the Manhattan District Attorney's office, Spitzer spent six years doggedly pursuing organized crime figures.

And as State Attorney General, he locked horns with the Gambino Mafia family.

Spitzer also won a spectacular victory when he uncovered emails revealing that Merrill Lynch was riddled with financial conflicts of interest that affected its advice to customers. Merrill Lynch settled out of court for $100 million.

He became know as "The Sheriff of Wall Street." Weiner, while in Congress, wrote only one bill.

He spent more time trying to get in front of a camera then actually doing any real work. And I guess he still can't stop putting himself in front of a camera.

BARBARA MILUSKI, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

New!

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

Interactive Crossword

Crossword

Across

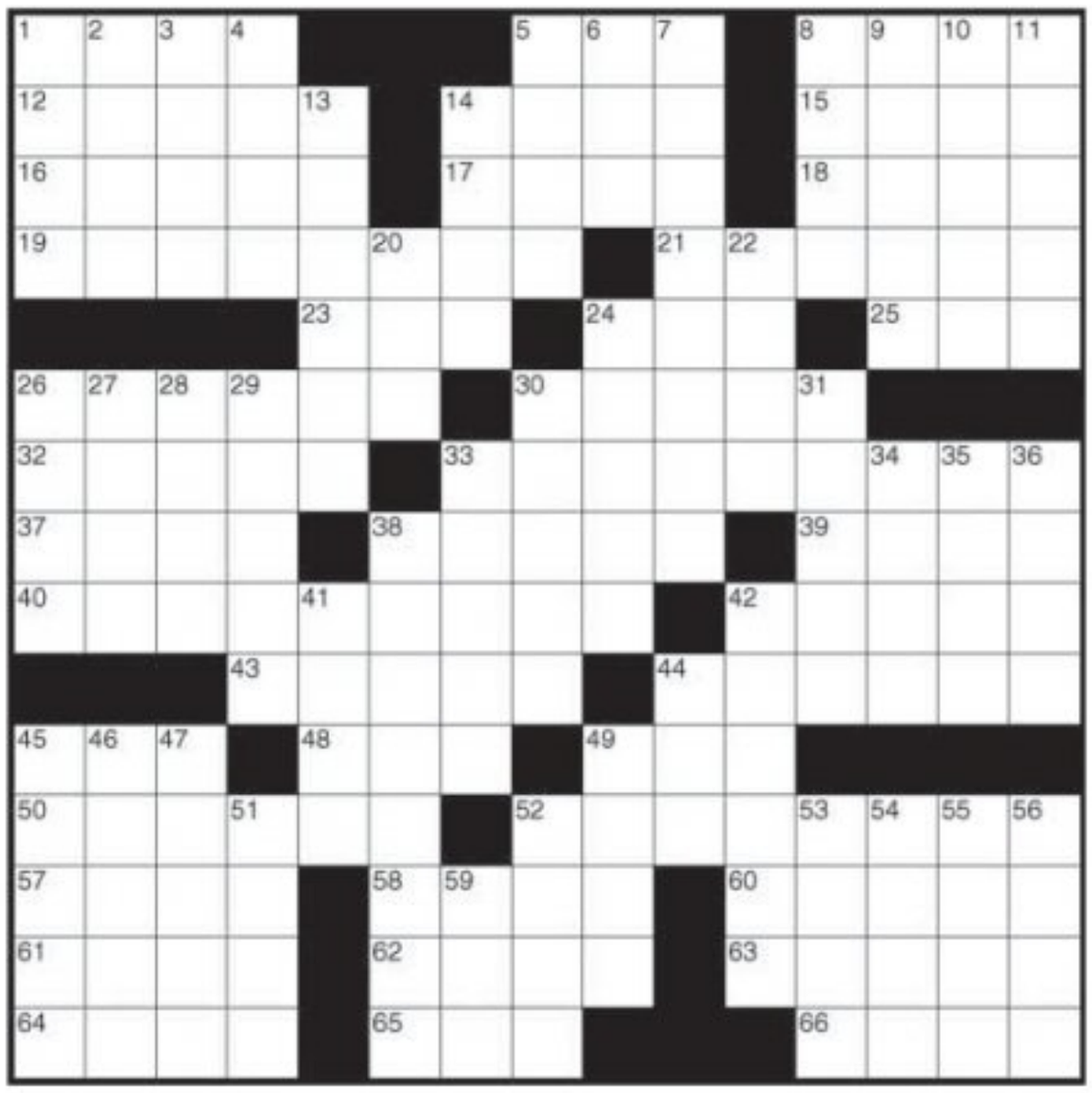
1 — -majeste
5 Motor part
8 S&L protector
12 Video game pioneer
14 Car with a meter
15 Word of honor
16 Sausalito's county
17 Porter and stout
18 Fridge stick
19 FAA quest, at times
21 Mini-vise (hyph.)
23 Frosh plus two
24 Ernesto Guevara
25 Soyuz destination
26 Dry up
30 Goes on a voyage
32 Give it — —
33 Hors d'oeuvre
37 Jockey's brake
38 Check for typos
39 Fishing boat
40 King Arthur
42 Single-handed
43 John Jacob —
44 Compositions
45 "— Rheingold"
48 Coq au —
49 Sinbad's transport
50 Culinary how-to
52 Work estimate (hyph.)
57 Food additive
58 "Shanghai —"
60 How actors enter (2 wds.)
61 Two pounds, plus
62 Whey opposite
63 Stan's comic foil
64 "PTI" channel
65 Before now

Down

1 Gyro filler
2 And others (abbr.)
3 Name in cheesecake
4 Guitarist — Clapton
5 Quicklime
6 Stone Age tool
7 Pranks
8 Deceive
9 The One-L Lama
10 Things on a list
11 Karate moves
13 Type of printer
14 Art colony town
20 Wintry cry
22 Stonehenge builder
24 Fowl for roasting
26 "Star Trek" speed
27 Um-hmm (2 wds.)
28 Sheer
29 GM competitor
30 Bwana's track
31 Move crabwise
33 Radio-tube gas
34 Kind of lens
35 Fish-eating flier
36 Bread grains
38 Calm endurance
41 Host's request
42 "Gesundheit" preceder
44 Heavy weight
45 Elizabethan buccaneer
46 Auspices
47 Sell hot tickets
49 Pretoria cash
51 Soldering tool
52 The – the merrier
53 Nothing but
54 Bruins
55 Archaeologist's find
56 Cast around for
59 Not just my

Weekend's answer

L	E	A	S	H		S	P	R	A	T		T	V	A
A	N	I	T	A		I	L	O	N	A		H	O	G
C	A	R	E	W		D	E	N	E	B		E	T	E
			A	T	L	A	S		O	F	T	E	N	
B	A	G	P	I	P	E		C	O	L	A	D	A	
I	B	E	R	I	A		P	E	P	S	I			
T	O	N	I		U	S	H	E	R		P	O	W	S
E	D	O	M		C	O	N		F	L	A	P		
R	E	A	R		S	A	N	Y	O		L	I	K	E
		O	R	A	T	E		P	R	O	V	E	N	
B	I	A	S	E	D		D	E	E	P	E	S	T	
E	M	B	E	D		T	A	R	N	S				
L	A	B		T	E	R	S	E		O	P	T	E	D
L	G	E		A	L	E	T	A		L	H	A	S	A
Y	E	S		G	L	E	A	M		D	I	J	O	N



metro
As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro Philadelphia 30 S. 15th St., Philadelphia, PA 19102 • main 215-717-2600 • to advertise 215-717-2695 • National Sales Director Ed Abrams • Executive Sales Director Jennifer Clark • U.S. Circulation Director Joseph Lauletta • U.S. Marketing Director Wilf Maunoir • email sales adsphilly@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Managing Editor, Gossip Editor Dorothy Robinson, dorothy.robinson@metro.us • National News Editor Jil Gadsby, jil.gadsby@metro.us • City Editor Christina Paciolla, christina.paciolla@metro.us • Sports Editor Mike Creger, mgreger@metro.us • Features Editor, Music Editor Pat Healy, pat.healy@metro.us • Deputy Features Editor, Home/Style/Food Editor Tina Chadha, tina.chadha@metro.us • Entertainment/Going Out Editor Rachel Vigoda, rachel.vigoda@metro.us • Film/Tech Editor Matt Prigge, matt.prigge@metro.us • Wellbeing/Travel Editor Meredith Engel, meredith.engel@metro.us • Careers/Education/Dating Editor Julia Furlan, julia.furlan@metro.us • Copy Chief Tracie Michelle Murphy, tmichelle.murphy@metro.us

Phils nostalgia brings reason for new hope

MLB. The Phillies honored the 1993 NL-pennant winners over the weekend, with their eyes on the future.

Darren Daulton helps out Curt Schilling in a pregame ceremony. / GETTY IMAGES

It's not difficult to see why Phillies fans love the '93 team. There was never a squad like it in the team's 130-year history. During spring training, there were no expectations for a ragtag team, primarily comprised of cast-offs.

However, much of the celebrated scruffy bunch had career years and the team somehow ended up just two wins from a World Series title. The Krukker, The Dude and Dutch made for great copy. This past weekend, many from that beloved crew came back to Philadelphia to celebrate the 20th anniversary.

Nostalgia and hyperbole go hand in hand. One scribe actually wrote that the '93 team is the greatest in the history of the Phillies. He inexplicably placed them in front of the 1980 team and the 2008 team.

"The fans may not realize it since they're living in it, but this is the greatest era in Phillies baseball history," MLB analyst and '93 alum Mitch Williams said.

Despite being in the midst of the second lost season, Phillies fans are in a much better place than those who cheered on a squad when mullets were fashionable. There was no future for those Phillies.

After '93, the team tanked. Terry Francona couldn't win with the likes of Midre Cummings. There was no new ballpark or pot of gold in terms of crazy television revenue on the horizon.

The Phillies were akin to the small-market Royals in 1994. But the Phillies are at the Yankees and Red Sox level these days.

"I expect us to compete and aim to go deep in the playoffs every year," Jimmy Rollins said.

The Phillies have the resources to reload. It's a matter of making the right decisions. The Phillies need to add at least a corner outfielder, starting pitcher, two bullpen pieces and a catcher via free agency or trades.

"I would rather be where the Phillies are now, rather than where they were in 1994," a NL scout said. "They can turn it around. Look at the Red Sox. If you have some talent and resources, look out."

ED CONDRAN
sports@metro.us

3 SPORTS

Watch online

Find video and a recap of last night's Phillies game against the Braves: **Metro.us/sports**

Respectable Roofing LLC
Where Respect Matters!
215-681-0409
HIC# PA098215
www.Respectable-Roofing.com

$200 OFF ANY NEW ROOF
CANNOT BE COMBINED WITH ANY OTHER OFFER. EXPIRES 12-31-13

$50 OFF ANY ROOF REPAIR
CANNOT BE COMBINED WITH ANY OTHER OFFER. EXPIRES 12-31-13

GAS/OIL HEAT • AIR CONDITIONING
$1089 Completely Installed
GM S8040 REPLACEMENT
ONE DAY INSTALLATION
100% FINANCING
CREDIT CARDS ACCEPTED
SUMMER SALE
$990 DELIVERED
VSX13015
The Goane Boys 610-353-5400

ACS, myocardial infarctions, and/or recent heart attack?

Schlesinger Associates, an international market research company, is conducting a paid market research study among patients with ACS, myocardial infarctions, and/or recent heart attacks.

Participation in the research involves attending an in-person interview with a research professional that will last 60 minutes. The research session will occur on August 7th and will be held in our Center City office at 1650 Arch Street. Participants in this study will be compensated $125 in consideration for their time and opinions.

If you are interested in participating in this study, please call Jody at 215-982-3061 201. We will need to ask you a few brief questions to ensure the study would be appropriate for you.

Participants are scheduled as they call, and studies often fill up quickly, so please do not delay in responding if you are interested in this study.

Thank you in advance for your attention.

Please note: this invitation does not constitute confirmation for participation. To participate in the research, you must call the number above and be scheduled for the study by phone. Following this process, a separate confirmation will be sent to you via e-mail or fax.

Study #:	PHI13800817

BROWN'S LINENS
EST. 1957
THE ORIGINAL LINEN DISCOUNTER
1544 Wadsworth Ave.
Phila., PA 19150
www.brownslinens.com
Like Us On facebook

Take an Additional $20.off your Custom Blind purchase
Coupon must be presented at time of sale. Minimum order $200

Call 215-248-0416
For your FREE Shop At Home Custom Window Treatment Appointment - Minimum Order $200

NATURAL PEST CONTROL COMPANY
Since 1979

Specializing In Bed Bug Control

The best time to learn about bedbugs is *before you get them*

THREE BIGGEST MISTAKES
1. Hiring an inexperienced company.
2. Throwing furniture away.
3. Not reacting soon enough.

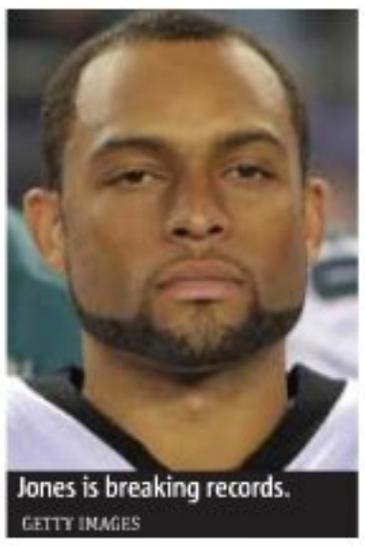
(215) 276-2962
www.naturalpest.com

HUNDRED'S OF SUCCESSFUL BEDBUG TREATMENTS COMPLETED!!

(856) 338-1833
www.naturalpest.com

Tiger earning his stripes with Soul

AFL. Receiver sets his sights on a new record, team advances after first-round playoff win over Orlando.


Jones is breaking records.
GETTY IMAGES

Playoff party

The Soul beat Orlando, 69-65, Saturday night in a first-round playoff game. They'll take on Jacksonville Aug. 10 in the American Conference championship game.

- "Our goal was to win this game, and that's just what we did," Soul coach Clint Dolezel.

Tiger is a tough nickname to live up to. However, the Soul's Anthony Jones is doing a pretty good job of it.

Recently, 31-year old Jones became the first player in AFL history to post three 2,000-yard receiving seasons. Jones, who goes by Tiger, also became the Soul's all-time leader in receptions for a season and career.

"I knew I was coming up on it," Jones said. "It's a great accomplishment. It's a testament to our coaches and team, period."

Jones, who had NFL training camp stints with the Redskins (2005) and Eagles (2012), thinks he might be the best receiver in the AFL. He got his nickname from his father, who attended Tennessee State.

"Yeah, you got to think you're the best," he said. "I'm sure other top guys think they're the best in the league, too."

Next, Jones has his eyes set on breaking teammate Larry Brackins' record for most receiving touchdowns in franchise history. Jones sits seven scores shy of Brackins' record of 91 receiving touchdowns.

"L-Boogie [Brackins] has been here for a long time and doing it for a while," Jones said. "It's great playing with a guy like that, we complement each other. ... If that happens, records are made to be broken."

Former Soul coach Doug Plank, who now coaches the AFL'S Orlando Predators, praised Jones and his competitive nature.

"He's a solid performer and consistent," Plank said. "He's willing to run into walls and jump over walls. I don't think I've ever met anybody that would run his body into stationary objects."

SONNY PINKNEY
sports@metro.us

STOP THE SEARCH
We Have What You Want!
Sign and Drive Today!
Ask for Dr. Credit's Approval
And Drive Today. Apply Online or Call
SPECIAL DISCOUNT FOR SEPTA, HOSPITAL, GOV'T & CITY EMPLOYEES
www.edencars1.com

2003 HYUNDAI SONATA — $0 Down**
Cruise Control, A/C, CD, 100 Watt Stereo, 6 Speakers, 12V Power Outlets, Steel Wheels, All Season Tires, Fuel Efficient
$3900* $109/Month

2008 CHEVROLET IMPALA — $0 Down**
CD/MP3, OnStar, Steel Wheels, A/C, Interior Air Filtration, XM Radio, Cruise Control, 12V Power Outlets, All Power
$5900* $129/Month

2008 DODGE AVENGER SE — $0 Down**
Power Windows, Power Steering, Power Locks, CD, Keyless Entry, A/C, Automatic Transmission, Cruise Control
$6900* $139/Month

2009 CHEVROLET MALIBU LS — $0 Down**
CD/MP3, XM Radio, 6 Speakers, A/C, Cruise Control, OnStar, Steel Wheels, Rear Ventilation Ducts, Power Everything
$7900* $159/Month

2007 JEEP GRAND CHEROKEE — $0 Down**
CD, Privacy Glass, Roof Rack, Alloy Wheels, A/C, Cruise Control, 6 Speakers, Split Folding Rear Seats, All Power
$9900* $189/Month

2006 ACURA RL — 60k Miles
CD/MP3, 260 Watt Bose Stereo, 10 Speakers, Subwoofer, Navigation, OnStar, Bluetooth, XM Satellite Radio, Alloy Wheels
$10,900* $209/Month

2006 BMW X5 — $0 Down**
All Power, Keyless Entry, CD, Cruise Control, Luggage Rack, Front Power Memory Seat, Alloy Wheels, Automatic Headlights
$12,900* $249/Month

2006 BMW 325xi — 60k Miles
CD/MP3, Leather, Remote Sunroof, 10 Speakers, 2 Subwoofers, Alloy Wheels, Run Flat Tires, AWD, Cruise Control, Dual Climate Control
$13,900* $269/Month

2007 LEXUS ES 350 — $0 Down**
Loaded, CD/MP3, 8 Speakers, Alloy Wheels, Leather, Cruise Control, Dual Climate Control, Power Sunroof
$14,900* $289/Month

CLIP IT. BRING IT. CASH IN!
$1,000 up to
TO USE AS CASH: TOWARD THE PURCHASE OF ANY VEHICLE
ADDITIONAL VALUE FOR YOUR TRADE • DOWN PAYMENT
Must be presented prior to negotiations. Cannot be used for service or parts. Cannot be combined with other offers.

EDEN VEHICLE MARKETING INC.
MONDAY - THURSDAY 9AM-9PM • FRIDAY 9AM-6PM
10100 Bustleton Avenue
Phila., PA 19116
215-698-9996

Price(s) include(s) all costs to be paid by consumer, except for licensing costs, registration fees and taxes. Severity of credit may affect down payment, APR & terms. *Price reflects $2000 cash down or trade equity. Monthly prices based on 66 months and 5.9% APR, plus tax and tags for qualified buyers.
**for qualified buyers
CARFAX VEHICLE HISTORY REPORTS

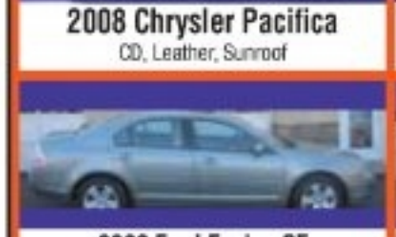
www.driverossi.com
3759 KENSINGTON AVE. 215-831-8861

2008 Chrysler Pacifica
CD, Leather, Sunroof

2006 Cadillac SRX
CD, OnStar, Leather

2006 Chrysler 300 Touring
Navigation, MP3, Loaded

2006 Ford Explorer
All Power, Leather, Rear A/C


2006 Ford Fusion SE
CD, Sunroof, Keyless Entry

2006 Cadillac CTS
Navigation, OnStar, Leather

2006 Jeep Grand Cherokee
4X4, CD, 6 Speakers

2005 Chevrolet Equinox
Keyless Ignition, Folding Seats, Roof Rack

2006 Pontiac Grand Prix
All Power, CD, Interior Air Filtration

2006 Ford Five Hundred
CD Changer, Leather, A/C

2006 GMC Yukon Denali
Memory Seats, Rear A/C, CD

2006 Chevrolet Malibu LTZ
Premium Package, Sunroof, Alloy Wheels

★ $500 OFF Vehicle Purchase w/ Ad ★

CALL TODAY. DRIVE TODAY.
*For in-house financing only.
MARC ROSSI AUTO SALES
$0 DOWN Available
No Credit Check**
• Bad Credit
• No Credit
• Repos
OKAY!
GUARANTEED CREDIT APPROVAL
215.831.8861
FINANCING DONE RIGHT

Medical Research

DIRECTORY

To place an ad call Brian Lydon at 215-717-2694 or email brian.lydon@metro.us

Penn
UNIVERSITY of PENNSYLVANIA

SLEEP STUDY

University of Pennsylvania sleep research studies. Must be healthy, 21-50 years old with a regular sleep schedule. Financial compensation will be provided.
call: **215-573-5855**

Suffering from terrible anal pain? Does it hurt to go to the bathroom?

You may have an anal fissure.
(We're completely serious and may be able to help)

You may qualify for a research study of an investigational cream. All study related medication and treatment will be provided at no cost. You do not need health insurance to participate. If eligible, you will be compensated for time and travel.

To find out if you qualify,
email VEN307@ventrusbio.com
call 855-4-PAINAF (855-472-4623)
or visit www.clinicalstudysites.com

Noticeboard

DIRECTORY

To place an ad call Erin Tideman at 215-717-2691 or email erin.tideman@metro.us

Bus & Auto Accidents

Get ALL the Money you Deserve
Millions of Dollars Recovered for Our Clients
**No fee until you get paid*
215-496-1100
Speak with a lawyer 24/7: 215-480-3200
PHILADELPHIA LAW FIRM BENTLEY M. SAUL LTD.

SLIP AND FALL

Our Law Firm handles all *FALL DOWN* Claims
Free Consultation 24/7
215-268-7800
1617 JFK Blvd., Suite 355 Philadelphia, PA 19103
SLIPANDFALLGUYS.COM

Home Design Shop

215-942-7938
Fully Licensed & Insured
Over 30 Years of "Shop at Home" Excellence

Door Sale!

- Steel Entry
- Security Storm
- Aluminum Storm
- French & Patio
- Garage
- Installation Available

Windows- $339 Each
Installed! Includes capping
3 window minimum.

- Bays
- Sliders
- Bows
- Glass Block

FREE Glass Breakage Warranty on select windows
Senior Citizen's Discount!
Vinyl Siding, Awnings, Railings, Window Guards, Vertical Blinds & Radiator Covers too!
www.homedesignshop.net

Get PAID to help find a cure!

ZipTrials.us
Powered by metro

Participate in local clinical trials at www.ZipTrials.us

DISABILITY

- SSI
- SOCIAL SECURITY

30 YEARS EXPERIENCE
215-592-1111
KAREN WEISBORD, ESQ.

AUTO ACCIDENTS
WORK ACCIDENTS
SLIP & FALL
ACCIDENTS

STOP & CALL
215 ACCIDENT
222-4336
24 hour service

See more at **www.metro.us**

THE CREDIT PROFESSIONALS AT FAIRLESS MOTORS

WE BUY CARS. TOP $$$ FOR YOUR VEHICLE

¡ Se Habla Espanol!
$0 DOWN!

Don't Be Fooled By Cheap Imitators,
"WE HAVE BEEN IN BUSINESS FOR 20 YEARS"
435 LINCOLN HWY, FAIRLESS HILLS, PA

We Buy Clean, Used Cars

PAYMENTS AS LOW AS $99.00 PER MONTH !

Bring in This Ad & Receive $250 OFF Your Purchase!

GOOD CREDIT • BAD CREDIT • NO CREDIT • CHARGE-OFF'S • REPOS • DIVORCE • BANKRUPTCIES

ALL VEHICLES FAIRLESS MOTORS CERTIFIED

For Live Help Call 1-888-251-4312

Special incentives for SEPTA, hospital and postal workers! Used Car Leasing Now Available.

24 HOUR HOTLINE: 1-800-205-0068 www.FairlessMotors.com

2003 Cadillac Escalade
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, 3rd Row Seats, Keyless Entry, Alloy Wheels, Towing Package, A/C, Automatic Transmission, Rear Air, Parking Sensors, Cruise Control, AWD
$11,900

2006 Land Rover Sport Supercharged
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, Navigation, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Rear Air, Parking Sensors, Cruise Control, AWD
$28,900

2008 Mercedes Benz C300 4MATIC
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Heated Seats, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Cruise Control, AWD
$18,900

2007 Chevrolet Suburban LT
Power Windows, Power Steering, Power Locks, CD, TV-DVD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, 3rd Row Seats, Keyless Entry, Alloy Wheels, Towing Package, A/C, Automatic Transmission, Rear Air, Parking Sensors, Cruise Control, AWD
$23,900

2006 Ford Expedition Eddie Bauer
60k Miles, Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, 3rd Row Seats, Keyless Entry, Alloy Wheels, Towing Package, A/C, Rear Air, Cruise Control
$14,900

2008 Chevrolet Impala LTZ
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Heated Seats, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Satellite Radio, Cruise Control
$13,900

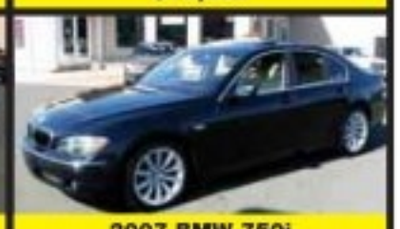
2004 Infiniti QX56
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, Navigation, 3rd Row Seats, Keyless Entry, Alloy Wheels, Towing Package, A/C, Automatic Transmission, Rear Air, Parking Sensors, Cruise Control, AWD
$19,900

2007 Chrysler Aspen Limited
Power Windows, Power Steering, Power Locks, CD, TV-DVD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, 3rd Row Seats, Keyless Entry, Bluetooth, Alloy Wheels, Towing Package, A/C, Automatic Transmission, Satellite Radio, Rear Air, Parking Sensors, Cruise Control, AWD, Running Boards
$15,900

2007 Honda Odyssey EX-L
Power Windows, Power Steering, Power Locks, CD, TV-DVD, Moon Roof, Leather, Roof Rack, Privacy Glass, Heated Seats, 3rd Row Seats, Keyless Entry, Alloy Wheels, A/C, Automatic Transmission, Rear Air, Cruise Control
$16,900

2008 Lexus ES350
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Heated Seats, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Cruise Control
$19,900

2010 Lincoln MKS
Power Windows, Power Steering, Power Locks, CD, Panoramic Roof, Leather, Privacy Glass, Heated Seats, Navigation, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Rear View Camera, Parking Sensors, Cruise Control
$18,900



2007 BMW 750i
Power Windows, Power Steering, Power Locks, CD, Moon Roof, Leather, Privacy Glass, Heated Seats, Navigation, Keyless Entry, Bluetooth, Alloy Wheels, A/C, Automatic Transmission, Parking Sensors, Cruise Control
$22,900

Slip & Fall Injuries

Get ALL the Money You Deserve
CALL US NOW
**No fee until you get paid*
215-496-1100
Speak with a lawyer 24/7: 215-480-3200
PHILADELPHIA LAW FIRM BENTLEY M. SAUL LTD.

The Feinberg Firm, PC.
"WHERE FEES ARE LOWER SO YOU GET MORE"
Donald J. Feinberg
Masters of Law Degree in Trial Advocacy
215-558-2567
Email: Donald@TheFeinbergFirm.com
100 North 18th Street, Suite 300, Two Logan Square, Philadelphia, PA 19103

LAURENCE C. RUTENBERG
UNCONTESTED DIVORCES-$185.00 TOTAL
All Divorces, Custody, Support, Personal Injury
1420 WALNUT ST., SUITE 608 215-546-7555
PHILADELPHIA, PA 19102 FAX: 215-546-6987
www.laurencerutenberg.com

Medical Malpractice
Cancer Misdiagnosis/Doctor Mistake
Birth Injury/Cerebral Palsy
Surgery Mistake/Hospital Death
PHYSICIAN-ATTORNEY (DOCTOR-LAWYER)
Yale & Harvard Trained MD-Lawyer On Staff
4x Named One Of PA's Rising Stars (Top Young Lawyers) in Medical Malpractice by Phila Magazine
Over 20 Million Dollars Recovered since 1/2012 as Co-Counsel
PA & NJ (215) 592-9750
Law Offices of Tai Y. Wong, P.C.
1101 Market Street, Aramark Tower Suite 2820
Philadelphia, PA 19107
No Recovery - No Fee

IMMIGRATION LAW
- Practice limited to Immigration Law to better serve you
- Reasonable fees and convenient payment plans available
- Office easily accessible from public transportation
- Saturday hours
- FREE initial consultation with this ad.

LAW OFFICE OF
LAETITIA CREECH
1835 Market Street, Suite 2626, Philadelphia, PA 19103
Phone: 215.575.7622

DIVORCE, BANKRUPTCY IMMIGRATION, CRIMINAL, DUI
ReinherzLaw.com
A Trusted, Fast & Affordable 2nd Generation Business
PHILA: 1315 Walnut St. Ste 804
Additional location in NJ
Reinherz LAW OFFICES 215-922-2055
Over 50 Years Combined Experience • Debt Relief Agency

IS DEBT WEIGHING YOU DOWN?

CREDIT DEFENSE/ BANKRUPTCY
BRAD J. SADEK ESQUIRE
Ask about our Summer Specials
Center City, Northeast Phila., New Jersey
Call 215-545-0008 www.sadeklaw.com
WE ARE A DEBT RELIEF AGENCY. WE HELP PEOPLE FILE FOR RELIEF UNDER THE US BANKRUPTCY CODE

MOTOR VEHICLE SLIP & FALL • DISABILITY
NEGLIGENCE • SOCIAL SECURITY • ACCIDENT INJURIES
DENNIS A. POMO
Attorney at Law
NO FEE UNTIL WE SETTLE 215-665-1900 LICENSED IN PA & NJ

Monday, August 5, 2013

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFIED.METRO.US
PHILLYCLASSIFIEDS@METRO.US
CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Notices

Notices

A caring, energetic couple with so much love to give wish to adopt a newborn into our loving & secure home. Call Courtney & Dan 1-888-942-9599

Vehicles

Miscellaneous

Up to $400 Cash
FOR JUNK CARS!
Free SAME DAY TOWING

215-801-4216
215-295-7610
JunkyardBarbie.com
Female Owner/Operator

Miscellaneous

Volvo 2000 Convertible C70 143,000 miles, 2 door, automatic transmission, fair condition, silver exterior, beige interior, 2WD radio, ABS, passenger air bags, AC, alarm system, alloy wheels, bucket seating, cassette, CD, cruise, leather interior, power locks, power seats, power windows, rear window defrost, New tires, ABS, Timing Belt, Radiator, Alternator, Water Pump. $2,700. Contact Mike: (267)475-5215 famt2@comcast.net

WE BUY JUNK CARS
$300 to $400
CASH GUARANTEED
FREE TOWING
SAME DAY PICK-UP
267-229-1970

CASH FOR CARS
Running or Not!

Up To $1,000 Guaranteed
Cars - Trucks - Vans - SUV's
FREE TOWING
267-615-9108

Miscellaneous

WOW!
A $400 Guarantee
On Any Large Vehicle
NO

We Buy Junk Cars/Trucks
WILL PICK YOUR CAR
UP WITHIN THE HOUR
215-200-3401

Stu's EZ
Auto Remotes
267-225-2191
Auto Locksmith
225 Lincoln Hwy, Fairless Hills, 19030
Car Remotes & Chip Keys

WE BUY JUNK CARS
Top $$$ paid.
We pay cash!
609-851-2980; 215-429-8336

Motorcycles

CASH TODAY Buy µSell µTrade
Cycles & ATVs. 215-639-3100
www.eastcoastcycle.com

Vehicles Wanted

$$$ UP TO $1100.00 $$$
For Cars w/ Bad Engines w/or w/o title
500.00 CASH $$$
For Any Junk Cars or Trucks
215-669-1000

Services

Careers

HIGH SCHOOL DIPLOMA FROM HOME
6-8 weeks accredited
Get a Diploma! Get a Job!
No computer needed!!
Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

Psychic

Psychic Reading by:
Ann Maria
Specializing in all Readings
GUARANTEED TO HELP ALL PROBLEMS
Family, Children, Love, Marriage, Separation
Health Drugs, Alcohol, and Business
I succeed when all others fail
If you have lost faith in yourself, I will restore it
646-236-0082 856-320-4091
Don't wait call today!

Psychic

SPIRITUAL READER

Want solutions for all your problems? Mr. K heals the body, stops witches, defeats enemies, and offer powerful protection. Do you have problems with relationshhips, family, court or immigration cases? Then call
267-565-8858
spiritualpower40.com

Health & Beauty

7 DAY SPA
MASSAGE, SAUNA + SHOWER
215-355-9343
1243 Street Rd.
Southampton, PA. 18966
1 mile E. of Rt. 232,
before Gravel Hill Rd.

Miscellaneous

CASH PAID!!
for ALL Diabetic Test Strips, Nicotine patches, Gum Paying
UP TO $30 per box $$
We pickup
215 395-7100

Miscellaneous

DIABETIC TEST STRIPS NEEDED
Also nicotine patches.
Will pay up to $30 per box.
Will pick-up. Call James
610-453-2525

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW
877-356-0528

Phone Services

PLACE A LEGAL/ PUBLIC NOTICE:
Name Changes, Liquor Licenses, Sidewalk Café Call for quote.
(215) 717-2691
or
erin.thomson@metro.us

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFIED.METRO.US
PHILLYCLASSIFIEDS@METRO.US
CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

Real Estate/Sale

EQUAL HOUSING OPPORTUNITY

PUBLISHERS NOTE

All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes its illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at 1(800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500

Mobile Homes

New & Pre-owned Homes in Bensalem
Why rent when you can own?
Terry's Mobile Homes 215-639-2422

Homes

BENSALEM 2 BR, C/A, LR, DR, EIK. 1 car gar., unfinished bsmt. On ½ acre lot. Motivated Seller. 215-805-5696

Commercial

Bristol Area Profitable Garden Center for SALE. Established business is ready for the next generation. Good cash flow, includes rental house. Business and property $825,000. (215) 696-3114

Condos

YARDLEY townhouse in Brookstone. 3BR, 2½ BA. Garage. Washer, dryer, dishwasher. 908-500-3070

Real Estate/Rent

Apartments

Hillside Manor
CHESTER APARTMENTS
1127 Ward St, Chester PA
- New 2 Bedroom Apts
- Private Entrances
- New on-site laundry facility
- Free off street park in your own driveway!

Call Kimberly (484) 483-7805
or after hours (610) 505-5098

CROYDON STATION APTS

1 BR apts starting @ $675+ electric
1 Mo. Free Groceries Upon Move In
215-788-7676

Only Pay Security to move-in!
Only Pay Electric!
Studios starting at $575
Penn Lee Court
557 E. Church Lane
Section 8 Accepted
Call Today to schedule a tour
215-276-5600!

House For Sale
$581.92 a month
3 Bedrooms, Excellent condition
Nick's Real Estate
(215) 425-3500

Real Estate Wanted

Real Estate Wanted

WE BUY UGLY HOUSES.
HOMEVESTORS
AMERICA'S #1 HOME BUYER
1-800-301-3223

Apartments

STUDIO AND 1 BEDROOM APARTMENTS AVAILABLE
Leasing Office is located at 216 s 48th st.
We are available 9am - 5pm.
Weekend apts are available.
CALL 267-701-0327

Levittown ~Edgely Estates~
Studios,1 & 2 BR apts for rent
For August Specials
Call Mon-Fri, 9-6 & Sun 10-6.
1-855-EDGELY-5 or 1-855-334-3595
Evening Appointments avail.
Info@EdgelyEstates.com

Commercial

DOYLESTOWN BORO Office Space
Walk to Courthouse, Utilities & Parking Included. Call 215-230-3499

WILLOW GROVE-OFFICE SPACE
Call Square Foot 215-332-7044

PERKASIE Olde Town Charm office space, professional location, parking & most utilities included. 215-230-3499

Condos

North Wales PA 1BR, 2nd flr, washer/dryer, balcony, access to pool, tennis court. Close to Merck. No pets, non smoking, $875+ mo. 215-205-1148

WARMINSTER Corner of Street & Valley Rds. Large 1 BR, 2nd Floor, Fresh Paint. Pool. No Pets, non smoking. $925/mo. + electric. 215-850-8410

Doylestown 2 BR, 1 1/2 BA. Patriot's Ridge. Updated kitchen. Loft. Washer, dryer. $1450. **215-768-4940**

YARDLEY townhouse in Brookstone. 3BR, 2½ BA. Garage. Washer, dryer, dishwasher. $1700/mo.908-500-3070

For Sale

Miscellaneous

BUYING GUITARS, VINTAGE
Guitars & All Musical Instruments.
Call Rob, 609-457-5501

CASH FOR DIABETIC TEST STRIPS
50 count boxes $15
Also buying nicotine patches, gum, ensure & diapers.
We match any price $$$
267-275-1717

Garage & Yard Sales

SECTIONAL, micro fiber w/chaise & ottoman, 7 colors avail. Brand new still boxed. Get all 3 pieces = $549. ExFurn.com | Call 215-752-0911

LEATHER BED:
Queen $169 • King $220.
pillow Top MATTRESS Set:
Queen $175 • King $275
EXFURN.COM 215-752-0911

BEDROOM SET Brand New, 5 pc. Twin, Full, Queen, $399. Delivery and Mattresses avail. e 215-355-3878

Bed Brand New Queen Pillow Top Mattress set in plastic w/warranty $175 5 piece Bedroom set $399. Delivery available. Call 215-355-3878

Career Training

LOOK NO FURTHER!
Train for a new career as a
MEDICAL ASSISTANT!
Call Now! 800.761.7504
Kaplan Career Institute
Broomall Campus
1991 Sproul Road, Suite 42, Broomall, PA 19008
Franklin Mills Campus
177 Franklin Mills Blvd., Philadelphia, PA 19154
Philadelphia Campus
3010 Market Street, Philadelphia, PA 19104
Information about programs at
www.kaplancareerinstitute.com/consumer-info

YOU COULD WORK IN
Clinics & Hospitals,
Nursing Facilities,
and Doctors' Offices
By Training in RESPIRATORY CARE!
Call Now! 800.761.7504
Kaplan Career Institute
Franklin Mills Campus
177 Franklin Mills Blvd., Philadelphia, PA 19154
Information about programs at
www.kaplancareerinstitute.com/consumer-info

LOOKING FOR A NEW CAREER?
Start Training Today as an
HVAC/R Technician
Call Now! 800.761.7504
Kaplan Career Institute
Broomall Campus
1991 Sproul Road, Suite 42,
Broomall, PA 19008
Information about programs at
www.kaplancareerinstitute.com/consumer-info

AMAZING OPPORTUNITY!
Start training today for a new career as a
PHARMACY TECHNICIAN!
Call Now! 800.761.7504
Kaplan Career Institute
Broomall Campus
1991 Sproul Road, Suite 42, Broomall, PA 19008
Franklin Mills Campus
177 Franklin Mills Blvd., Philadelphia, PA 19154
Information about programs at
www.kaplancareerinstitute.com/consumer-info

$ Jobs

General Help Wanted

CUSTOMER SERVICE
POSITIONS AVAILABLE NOW
- **No exp. necessary**
- **Training provided**
- **Great pay**
- **Close to public trans.**

For an interview please call
215-207-0998

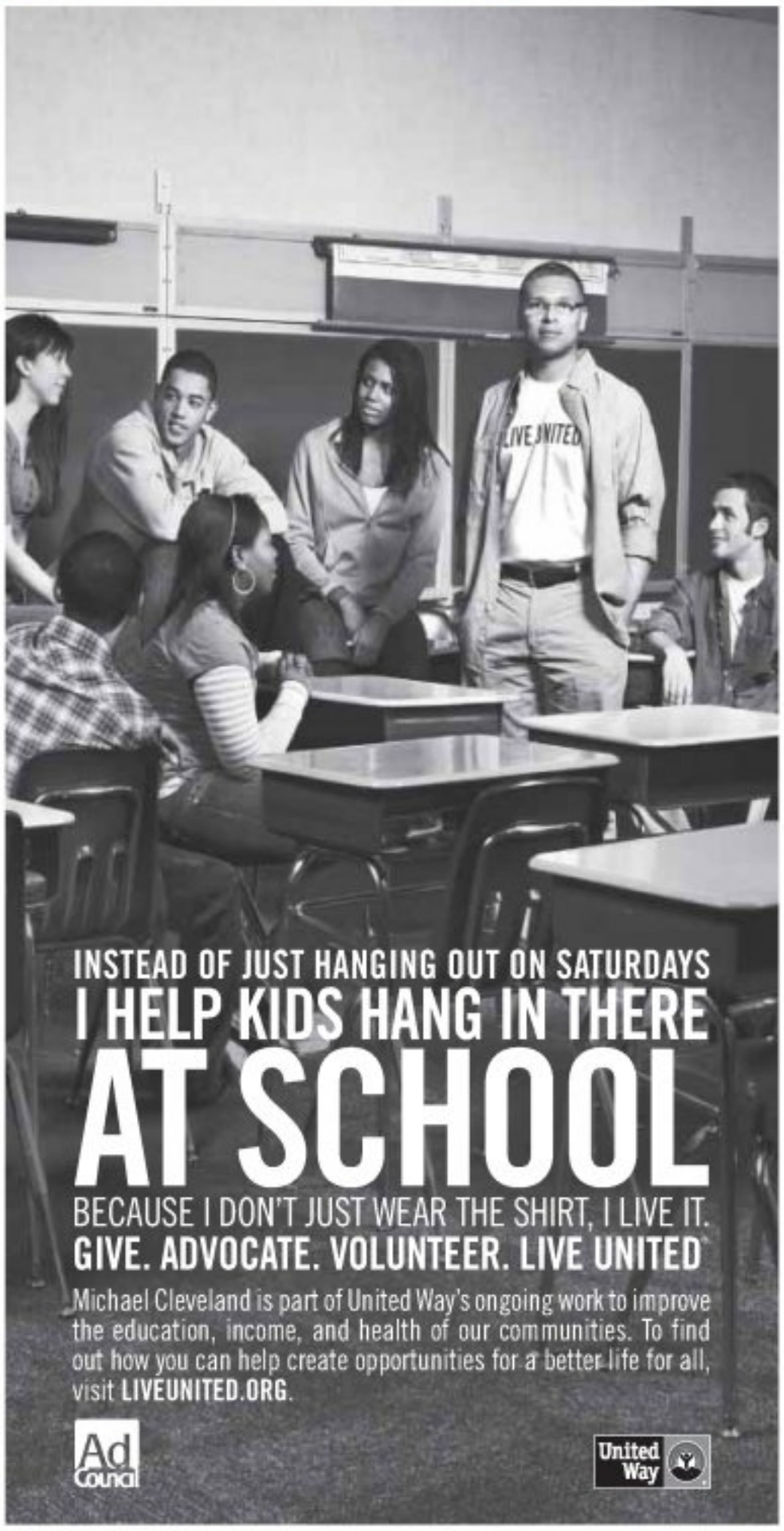
WE NEED YOU NOW
Seeking Motivated Individuals for our expanding Customer Relations team
No Exp Needed • Full Training Provided
EARN $15 - $19 HR/AVG + MORE
We want you to Succeed!
CALL TODAY TO SET UP YOUR INTERVIEW 215-789-2050

General Help Wanted

HOUSEKEEPERS
CC Hotels & Hospitals
No exp. To $14/hr.
Pal, 107 W. Girard.
215-203-8745 Fee

Work From Home

$1,000 WEEKLY or more guaranteed salary mailing our financial company letters from home. No experience required. FT/PT. Genuine opportunity. Rapid Advancement. Free Information (24/7) : **1-888-557-5539**


INSTEAD OF JUST HANGING OUT ON SATURDAYS
I HELP KIDS HANG IN THERE
AT SCHOOL
BECAUSE I DON'T JUST WEAR THE SHIRT, I LIVE IT.
GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED
Michael Cleveland is part of United Way's ongoing work to improve the education, income, and health of our communities. To find out how you can help create opportunities for a better life for all, visit LIVEUNITED.ORG.
Ad Council
United Way

RESEARCH PARTICIPANTS NEEDED

CURRENT STUDIES *for:*

ADHD	Children, Adolescents & Adults		Pain Studies
Alzheimer's	Bipolar Disorder	Fibromyalgia	Schizophrenia
Anxiety	Diabetes	Hepatitis B & C	Smoking Cessation
Binge Eating	Depression	Multiple Sclerosis	Tourette's

QUALIFIED PARTICIPANTS MAY RECEIVE:

- Eligible participants may be compensated up to $400.00 - $10,000.00 for study completion
- Study related medication and medical care
- No cost transportation to and from facility

For more information, call toll-free **1.888.212.8055**

Have you or a loved one been diagnosed with schizophrenia?

If so, contact us today to learn about clinical research studies of investigational schizophrenia medications for adults ages 18 to 65.

Qualified participants receive all study-related medical care and investigational medication at no cost.

Qualified participants may receive total compensation ranging from $3,000 to $10,000 for time and travel.

For more information, call toll free **1.888.442.9012**

Do you take an opioid medication *regularly* for CHRONIC PAIN?

If so, please contact us about our research study of an investigational pain medication.

Qualified participants must:

- Be 18 to 60 years of age
- Be taking an opioid medication such as Morphine Sulfate Controlled Release or Oxycodone HCL Controlled Release for their chronic pain
- Have been suffering from chronic pain for at least six months
- Be available for overnight stays at the study clinic

Insurance is not required to participate and transportation is available.

Those who qualify receive study-related care and study medication at no cost.

Compensation up to $1,900 may be provided for time and travel.

For more information, call toll-free **1.877.626.4662**

CRILifetree

Innovative Solutions. Reliable Results.

LOCATIONS IN PHILADELPHIA & SOUTHERN NEW JERSEY

CRILifetree.com

www.metro.us

28 philadelphia Monday, August 5, 2013